

Pork

Pork Medallions with Brandy Cream Sauce

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Servings: 4

Preparation Time: 25 minutes

Cook time: 25 minutes

12 ounces linguine, uncooked
1 (1-pound) pork tenderloin, cut into 1-inch pieces
1/4 cup all-purpose flour
2 tablespoons olive oil
3 tablespoons butter, divided
1 3/4 cups baby portobello mushrooms, sliced
5 green onions, thinly sliced
2 cloves garlic, minced
1 1/2 cups heavy whipping cream
1/4 cup brandy
2 tablespoons fresh thyme, minced
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
2 plum tomatoes, seeded and chopped
2 tablespoons Parmesan cheese, shredded

Cook the linguine according to package directions.

Meanwhile, flatten the pork slices to 1/4-inch thickness.

Place the flour in a large resealable plastic bag. Add the pork, a few pieces at a time and shake to coat.

Add the oil and two tablespoons of the butter to a large skillet. Cook the pork in batches over medium-high heat for 3 to 4 minutes on each side or until the juices run clear. Set aside and keep warm.

In the same skillet, saute' the mushrooms and onions in the remaining butter until tender. Add the garlic and cook 1 minute longer.

Add the cream, brandy, thyme, mustard, salt, pepper and cayenne. Bring to a boil. Cook until the liquid is reduced by half, about 8 minutes.

Drain the linguine.

Stir the tomatoes into the sauce mixture. Add the pork and heat through.

Serve with the linguine and sprinkle with cheese.

Per Serving (excluding unknown items): 989 Calories; 55g Fat (51.6% calories from fat); 39g Protein; 76g Carbohydrate; 3g Dietary Fiber; 221mg Cholesterol; 551mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 10 Fat; 0 Other Carbohydrates.