

Pork

Stuffed Pork Tenderloin with Shiitake Mushroom Sauce

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Servings: 8

Preparation Time: 40 minutes

Bake Time: 35 minutes

To make soft bread crumbs, tear the bread into pieces and place in a food processor or blender. Cover and pulse until crumbs form. One slice of bread yields 1/2 to 3/4 cup of bread crumbs.

1 cup water

1 ounce dried porcini mushrooms

1/2 pound bulk pork sausage

2 small onions, chopped

5 cups (about 3/4 pound) fresh shiitake mushrooms, coarsely chopped and divided

1 1/2 teaspoons minced fresh rosemary OR 1/2 teaspoon dried rosemary, crushed

1 teaspoon minced fresh sage OR 1/4 teaspoon rubbed sage

5 cups soft bread crumbs

3 tablespoons fresh parsley, minced and divided

2 (about 1 1/4 pound each) pork tenderloins

1 1/4 teaspoons salt

3/4 teaspoon pepper

2 tablespoons butter

3 tablespoons all-purpose flour

1 1/2 cups chicken broth

Preheat the oven to 425 degrees.

In a small saucepan, bring the water and porcini mushrooms to a boil. Remove from the heat. Let stand for about 20 to 30 minutes or until the mushrooms are soft. Using a slotted spoon, remove the mushrooms. Finely chop and set aside. Strain the soaking liquid through a fine mesh strainer, reserving 2/3 cup.

In a large skillet, cook the sausage and onion over medium heat until the sausage is no longer pink. Remove with a slotted spoon. Remove the drippings, reserving two tablespoons. Sauté four cups of the shiitake mushrooms in the reserved drippings until tender.

Add the rosemary, sage, porcini mushrooms and 1/3 cup of the mushroom soaking liquid. Cook 2 minutes longer, stirring occasionally. Remove from the heat. Stir in the bread crumbs, two tablespoons of parsley and the sausage.

Make a lengthwise slit down the center of each tenderloin to 1/2-inch of the bottom. Open so that the meat lies flat. Cover with plastic wrap. Flatten to 1/4-inch to 1/2-inch thickness. Remove the wrap.

Spoon half of the stuffing down the center of each tenderloin. Close the roasts. Tie several times with kitchen string and secure the ends with toothpicks. Sprinkle each roast with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Place the tenderloins on a rack in a shallow roasting pan.

Bake, uncovered, for about 35 to 45 minutes or until a thermometer inserted in the pork reads 145 degrees. Let stand for 5 minutes before slicing.

In a small saucepan, sauté the remaining shiitake mushrooms in butter until tender. Sprinkle with flour. Stir. Gradually add the broth and remaining 1/3 cup of the mushroom soaking liquid. Bring to a boil. Cook and stir for 2 minutes or until thickened. Stir in the remaining parsley, salt and pepper. Serve with the pork.

Yield: 2 cups of sauce

Per Serving (excluding unknown items): 140 Calories; 4g Fat (27.1% calories from fat); 4g Protein; 22g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 660mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.