

Pork Medallions with Tarragon Mustard Sauce

Serves 2

2 T butter

4 1.5-inch-thick pork tenderloin medallions, trimmed

1/2 c. beef broth

2/3 tsp dried tarragon, crumbled, or 2/3 tbsp fresh tarragon, finely chopped

1/2 c. whipping cream

1 T Dijon mustard

Salt and freshly ground pepper to taste

Melt butter over high heat. Add pork and sauté until cooked through, about 5 to 8 min per side. Transfer to serving dish and cover to keep warm.

Pour off fat from skillet. Add broth and tarragon and cover over high heat until reduced to 1/4 cup – about 10 minutes. Stir in cream and cook until thickened, about 3 to 4 minutes. Whisk in mustard, season with salt and pepper. Spoon sauce over medallions.

If using for chicken breast, sub chicken broth for the beef broth. Recipe scales easily. Increase tarragon and cream based on preference and quantity of medallions.