

Porcini Pork Medallions with Root Vegetables

Courtesy of Carole's Creations

Prep Time: 10 minutes

Standing time 30 minutes – during this time you can do the rest of the prep work.

Cooking Time: 25 minutes

Serves: 4

CChints: Dried mushrooms come to life when they are soaked in hot water and the soaking liquid makes a great sauce. Dried mushrooms can be found in the produce section of most markets and more commonly are found in a 1 ounce package. Root vegetables pair well with the earthiness of the mushrooms.



- 1 cup boiling water
- 1 ounce package of dried porcini mushrooms
- 1 pound pork tenderloin, trimmed and cut crosswise into 8 pieces
- 1 teaspoon salt, divided
- 3/4 teaspoon black pepper, divided
- 1 teaspoon minced fresh rosemary
- 2 teaspoons minced fresh oregano
- 1 large glove minced fresh garlic
- 4 parsnips, peeled
- 4 carrots, peeled
- 1 teaspoon dried Italian seasoning
- 1-1/2 tablespoons olive oil, divided
- 1-1/2 teaspoons butter
- 1 cup chopped yellow onion
- 1/2 cup dry white wine
- 8 ounce carton of sliced portabella mushrooms
- 1 cup reduced fat chicken broth

Preheat the oven to 400 degree F. and locate a cookie sheet with sides on it. Line the pan with foil or a silicone mat for easy clean up.

Pour the water into a medium sauce pan. Bring the water to a boil and then remove it from the heat. Stir in the mushrooms, cover the pan and set aside for 30 minutes.

Rinse the pork, pat dry cut into 8 equal portions. Roll out about 18 inches of plastic wrap on your work surface. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with half of the salt and pepper on both sides. Wash everything that came in contact with the raw pork.

Combine the rosemary, oregano, garlic and a pinch of salt on a cutting board. With the flat edge of a knife you are going to use it to make a paste. Push the blade down on the mixture and pull it toward you. Do the same thing again and push it away from you. Do this again until it forms a paste and transfer it to a small bowl.

The vegetables will take 30 minutes to roast so it's time to put them in the oven. Peel the parsnips and carrots and cut them into 2 inch pieces. The thicker parts of each should be cut in half so all the pieces are about the same size so they cook evenly. Lay them on the baking pan and toss them in 2 teaspoons of the olive oil and sprinkle with salt and pepper. Crush the Italian

seasoning with your fingers as you sprinkle it over the vegetables. That will allow the dried herbs to start releasing the flavors. Bake for 30 minutes.

Now back to the main dish. Locate a large nonstick skillet and add the rest of the oil and all of the butter. Turn the heat to medium, stirring until the butter melts. Add the herb/garlic paste and stir for 30 seconds. Add the pork and cook for 2 minutes on each side. Remove the pan from the heat and remove the pork from the pan. Put them in a container to keep warm. Add the onions and slowly pour in the wine, scraping the brown bits from the pan. Turn the heat to medium and cook for 3 minutes, stirring occasionally.

During this time, drain the mushrooms over a bowl to retain the liquid. Chop the mushrooms and add them and the fresh sliced mushrooms to the pan. Slowly pour in the mushroom liquid and the chicken broth. Bring to a boil and allow the liquid to reduce to about 1-1/2 cups...about 10 minutes. Return the pork to the pan and cook for about 4 minutes until the pork is heated through. During this time the vegetables should be done. Remove the pan from the oven and transfer to a serving bowl and cover to keep them warm.

To plate this dish, put 1 to 2 pieces on each plate and spoon the mushrooms and sauce on top. Serve with the side vegetable and enjoy.