

PORK TENDERLOIN WITH BRIE

INGREDIENTS

1 tablespoon olive oil
2 pork tenderloins sliced into medallions
salt and pepper to taste → *Do not use pepper if you have ulcer or pain*
Brie cheese slices
1 shallot, minced
¾ cup chicken broth
¼ cup 15% cream
¼ cup Brie cheese, diced, rind removed
1 tablespoon cornstarch
2 tablespoons cold water

PREPARATION

1. In a skillet, heat the oil over medium-high heat. Sear the pork medallions for about 3 minutes on each side. Salt and pepper. Remove the medallions from the pan and place them in a dish.
2. Place a slice of brie on each of the medallions and cover the dish with aluminum foil. Let stand 5 minutes.
3. In the same skillet, sauté the shallot for 1 minute over medium heat. Add the chicken broth and the cream, then incorporate the diced brie. Continue cooking for 2 minutes, stirring constantly.
4. In a small bowl, dissolve the cornstarch in cold water, then add it to the pan to thicken the sauce (replace this mixture with Veloutine if desired). Continue cooking for 2 minutes, stirring constantly.
5. Serve the medallions topped with sauce with green vegetables and basmati rice.

Recipe translated from: www.recettes.qc.ca

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