# Pork Medallions with Apple and Mustard Pan Sauce

2 supper plates with bread · Active 30 min · Total 45 min

Skills: Confident beginner

## Ingredients

- 10 1/2 oz pork tenderloin, trimmed and cut into six 1-inch (2.5 cm) medallions (300 g)
- 2 teaspoons olive oil (10 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 1 small onion, thinly sliced (100 g)
- 1 crisp apple, cored and cut into thin wedges (150 g prepared weight)
- 1/2 cup low-sodium chicken stock (120 ml)
- 1 tablespoon Dijon mustard (15 g)
- 3 tablespoons heavy cream (45 ml)
- 2 large slices crusty bread (100 g total), to serve

## Set out

10-inch (25 cm) skillet, Instant-read thermometer, Clean holding plate, Separate raw-meat board

## Allergens

Milk, Mustard, Wheat; check stock for other allergens. Check labels and substitutions.

## Make it

**1.** Pat pork dry and season with salt and pepper. Heat oil in the skillet over medium-high heat. Cook medallions for about 3–4 minutes per side, turning as needed, until the centers reach 145°F/63°C. Transfer to a clean plate and rest for at least 3 minutes. Never return cooked pork to its raw-meat plate.

**2.** Reduce heat to medium. Add onion and 2 tablespoons of the stock to the pan, scraping up browned residue. Cook for 3 minutes. Add apple and the remaining stock and simmer for 5–7 minutes until apple and onion are tender.

**3.** Reduce to low and stir in mustard and cream. Simmer gently for 1–2 minutes until the sauce lightly coats a spoon. Add any juices from the clean pork plate.

**4.** Return the rested medallions briefly to the sauce to warm for 30–60 seconds. Serve three per person with apple, onion and sauce, plus one bread slice each.

## A clean holding plate is part of the setup

Put it out before handling raw pork. It gives the cooked medallions a safe resting place while the skillet becomes the sauce pan.

## A useful detail

The pork needs both a 145°F/63°C endpoint and a 3-minute rest. Its safe endpoint does not apply to ground pork or poultry.

## Keep it well

Refrigerate leftovers promptly in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat pork and sauce to 165°F/74°C, adding a splash of water if needed; it may be firmer after reheating. Keep bread dry and separate. Raw pork must remain refrigerated until cooking.