

Pork Tenderloin au Poivre

by Chef Bob McGuire, C.C.

Recipe Summary:

Difficulty: Easy

Prep Time: 5 Minutes

Cook Time: 15 minutes

Yield: 2-3 Servings

Preheat oven to 350°

1 Pork Tenderloin

3-4 Tbs. Dijon mustard

½ Cup cracked black peppercorns

8 Oz. Heavy Cream

1. Wipe tenderloin dry with paper towels and spread a light coating of mustard on all sides.
2. Roll tenderloin in cracked peppercorns and place on metal sheet pan or uncoated sauté pan that can go in the oven.
3. Bake tenderloin @ 350° to internal temp of 165°.
4. Remove tenderloin to platter and cover with aluminum foil to rest.
5. Place the same roasting pan on stovetop burner on medium-high heat. Don't worry about the stuck bits of pepper and mustard in the pan; they will flavor the cream sauce.
6. Add cream to the roasting pan and bring to a boil, whisking constantly (DO NOT leave boiling cream unattended, ever!) until reduced by half and it becomes mocha-colored. Salt to taste.
7. Slice pork, spread 2-3 Tbs. of this cream sauce on hot plates, place pork on sauce.
8. Leftovers (ha ha) make a great sandwich (with sauce) the next day.