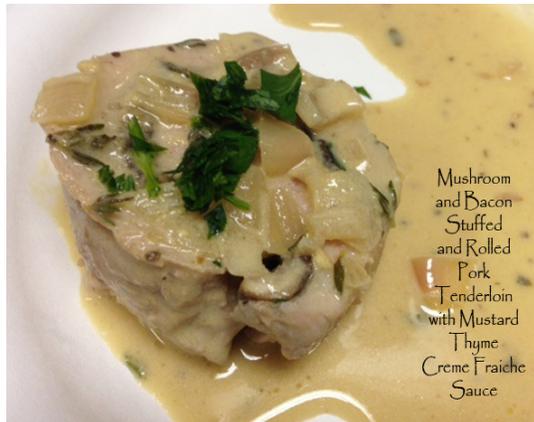


Mushroom and Bacon Stuffed and Rolled Pork Tenderloin with Mustard, Thyme Creme Fraiche Sauce

Phillis Carey cooking class, 10/15



Mushroom and Bacon Stuffed and Rolled Pork Tenderloin with Mustard Thyme Creme Fraiche Sauce

PORK:

- 4 slices bacon, chopped
- 8 ounces crimini mushrooms, thinly sliced
- Salt and freshly ground black pepper
- 1 clove garlic, finely chopped
- 1 tablespoon bread crumbs, plain, dry
- 6 tablespoons fresh parsley, chopped (divided use)
- 2 whole pork tenderloins, 1-1 1/4 pounds each
- 2 tablespoons extra virgin olive oil

SAUCE:

- 2 tablespoons unsalted butter
- 1/4 cup shallots, chopped
- 1/3 cup dry white wine, or vermouth
- 1 cup low sodium chicken broth
- 1/3 cup creme fraiche
- 2 tablespoons Dijon mustard
- 2 teaspoons fresh thyme, chopped

Per Serving (excluding unknown items): 267 Calories; 17g Fat (59.7% calories from fat); 21g Protein; 5g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 275mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Cook bacon in a large nonstick skillet, until crisp, 8-10 minutes. Pour off all but 2 T. of bacon fat; add mushrooms, about 1/2 tsp salt and pepper to taste; cook until mushrooms are soft, about 4 minutes. Add garlic and cook one minute. Remove from heat and stir in breadcrumbs and all but 2 T. of the parsley. Let cool. (Can be made ahead.)
2. Trim pork of all fat and silverskin. With rounded side of pork down, make a long slit lengthwise down the center to open it up like a book. Do not cut all the way through. Lay a piece of plastic wrap and pound pork with a meat pounder (flat side) until the meat is about 3/8" thick, starting from the middle and working outward. Spread the cooled mushroom mixture over the pork. Fold the narrower ends in about an inch or so, then starting with a long side, tightly roll up each tenderloin. Tie with kitchen twine in about 5 places to hold the roll together.
3. Preheat oven to 375°F. Heat olive oil in a large skillet over medium high heat. Add the pork and brown well on all sides, about 6-8 minutes total time. Remove pork to a parchment-lined baking sheet and roast in the oven for 15-20 minutes, or until internal meat temperature reaches 150°F. Remove pork to a carving board and let rest, tented with foil, for about 10 minutes. Remove strings and cut across (straight) in about 1-inch thick rounds.
4. While pork is roasting prepare the sauce. In the skillet used to brown the pork melt butter over medium heat. Add shallots and cook until tender, about 4 minutes. Add wine and bring to a boil, scraping up the browned bits from the bottom of the pan. Add chicken broth and bring to a boil. Whisk together the creme fraiche, mustard and thyme in a small bowl. Add to the broth and bring to a simmer. Continue to simmer and reduce down until the sauce thickens and barely coats a spoon. Season to taste with salt and pepper. Spoon sauce over the pork slices and garnish with the reserved parsley. Note: if you prefer a sauce that is thicker, add about 2 teaspoons of flour to the shallot and butter mixture, cook it for about a minute over low heat, then continue with the recipe.