

Pork Tenderloin with Mushroom Bourbon Cream Sauce

Phillis Carey, cooking class 2013



Servings: 6

*2 tablespoons olive oil
2 whole pork tenderloins
Salt and pepper to taste
MUSHROOM BOURBON
CREAM SAUCE:
2 tablespoons unsalted butter
1/4 pound shiitake mushrooms,
sliced
1/4 pound button mushrooms, sliced
1/4 cup shallots, chopped
2 large garlic cloves, minced
1/2 cup dry white wine, or vermouth
1 cup chicken broth
1/2 cup heavy cream
1/4 cup bourbon, added in sauce at
beginning
1 tablespoon bourbon, added in just
before serving
Salt and pepper to taste
2 tablespoons flat leaf parsley, minced*

1. Preheat oven to 425°. Trim pork tenderloins of all silverskin and fat and season with salt and pepper. Heat olive oil in a large skillet (do not use nonstick as you want to develop browned bits in the bottom of the pan which will help flavor the sauce) over medium high heat. Add pork and brown well on all sides, 6-8 minutes. Remove pork to a parchment-lined (or Silpat) caking sheet and roast in oven for 15-20 minutes, or until the internal temperature has reached between 140-150°. At 150° the meat will be slightly pink in the middle. At 140° it will be much pinker.
2. While pork is roasting, add butter to the pork-browning skillet and melt over medium heat. Add all mushrooms, shallots and garlic and saute until mushrooms are brown and liquid has cooked away, about 12 minutes. Add wine and boil until liquid is reduced almost to a glaze, about 4 minutes. Add chicken broth, cream and the larger quantity of bourbon and simmer sauce about 12 minutes or until it has thickened some.
3. Remove pork from oven, cover loosely with foil, and allow to stand for 5-10 minutes before slicing diagonally (across the grain) into 1/2 inch thick slices. Return mushroom sauce to a simmer, mix in parsley and small amount of bourbon. Season sauce with salt and pepper to taste. Spoon sauce over pork slices and serve immediately.

Per Serving (excluding unknown items): 349 Calories; 19g Fat (53.1% calories from fat); 20g Protein; 18g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 179mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.