

CHEF SARA RHODES

## PORK TENDERLOIN MEDALLIONS WITH FRESH BLACKBERRY DEMI

One pork tenderloin, about 1 ½ lbs.,  
trimmed and cut into one inch thick  
medallions  
Salt, pepper and Mediterranean Seasoning  
blend  
2 Tbsp. shallots, finely chopped  
3 cups blackberries, washed and dried  
1/3 cup Blackberry vinegar  
1/3 cup chicken stock  
1 oz. Veal Demi concentrate  
2 Tbsp. of sugar, more if needed  
1 Tbsp. butter



Lay medallions on a plate. Sprinkle with a little olive oil. Season with the salt, pepper and the Mediterranean Seasoning blend.

Heat a sauté pan over medium high heat with a little olive oil. Sauté the medallions, about 2 to 3 minutes per side. Remove to a warm plate and cover with foil to keep warm.

To the same sauté pan, add the shallots and sauté till fragrant. Add vinegar, stock and berries. Sauté till berries start to soften, about 5 to 7 minutes. Add the sugar, more to taste if needed. Cook another minute. Add the demi and cook until demi is dissolved and sauce starts to thicken. Add butter to finish and stir until melted.

Shingle pork medallions on a plate and drape with the blackberries.