

PORK WITH MUSHROOM SAUCE, BUTTER NOODLES & STEAMED CARROTS

INGREDIENTS: PER PAIR

4 Pork tenderloin slices
5 mL Dijon mustard
15 mL olive oil
15 mL butter
Salt and pepper

PER GROUP

500 mL egg noodles
2 mL dried parsley
5 mL margarine
salt and pepper to taste

4 large mushrooms, sliced
1 clove garlic, minced
5 mL olive oil
15 mL butter
30 mL dry white wine
25 mL concentrated beef stock
125 mL whipping cream
2 mL parsley
2 mL seasoned salt
2 mL pepper

2 large carrots, julienned
5 mL margarine
Season with pinch of sugar, salt, pepper,
or any other seasonings you desire.

METHOD:

1. Preheat your oven to the lowest temp of 170 F. Fill a medium pot 2/3 full of water , add a pinch of salt and bring to a boil. Add the pasta and cook for 8 mins or until al dente.
2. Drain pasta through a colander into a medium bowl. Pour about ¼ of the hot water back into the pot to steam the carrots and through the rest away. Pour the pasta into your small metal bowl and add the margarine and seasonings and stir to coat. Place the bowl in the oven to keep warm.

3. Peel your carrot and cut it julienne style. Place them in the steamer and place the steamer in the pot with the water. Cover with a lid, bring the water to a boil and steam for about 3 mins till tender crisp. Do not overcook!
4. When carrots are done, remove the steamer from the pot, pour out the water and pour the carrots into the pot. Add the margarine, stir to coat and season with salt, pepper a pinch of sugar and anything else you desire. Pour the carrots into a small white soup bowl.
5. In a medium Teflon fry pan preheat the olive oil and margarine. Season the pork chops on both sides with salt and pepper and spread the Dijon mustard on one side. Once the fats are hot, pan fry the pork chops until the meat is golden brown on each side and cooked through. (about 3 mins each side)
6. Remove the pork pieces from the fry pan and transfer to a plate to keep warm in the oven with the pasta while making the mushroom sauce.
7. Add the extra olive oil and butter to the pork juices that are in the frypan. Heat it up and then add the sliced mushrooms and sauté on high heat for about 3 minutes or until mushroom slices are golden brown. Then add the garlic and cook for 1 min.
8. Add the white wine to the hot pan to deglaze it and cook for 1 min to evaporate the alcohol content. Add the cream, beef stock, parsley, seasoned salt and pepper and stir to blend. Reduce the heat to medium –low and cook for about 4 minutes while stirring until the sauce thickens.
9. Check the seasoning and adjust to taste. Remove the pork from the oven and add the pork and any juices into the sauce. Cook for 2 mins till sauce thickens slightly. Serve out the pasta and carrots on the plate and add the pork and sauce. Enjoy!