

Pork tenderloin medallions on leeks with bacon crumbs

Description



Yield
 4 servings



Scheduling
 Preparation: approx. 80 minutes



Nutritional values (100 g or 100 ml)
 energy: 680 kJ/163 kcal;
 fat: 11.5 g, of which saturated 5.5 g
 carbohydrates: 7.8 g, of which sugars 2.4 g
 protein: 8.6 g; salt 1.1 g

Recipe

Ingredients (1'863 g)

480 g	pork tenderloin
800 g	leeks
200 g	toast bread
100 g	white wine
100 g	cream
20 g	mustard, mild
60 g	bacon slices, smoked
20 g	cooking butter
30 g	butter
20 g	soy sauce
10 g	rapeseed oil
10 g	oregano, fresh
4 g	lemon zest, fresh
1 Msp.	nutmeg, ground
2 g	pepper, black
6 g	table salt

Production

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Preparation

Cut the pork tenderloin into 8 medallions of about 60 g each. Finely chop the oregano and mix it with the soy sauce and rapeseed oil. Press the medallions flat by hand and season both sides with black pepper. Heat the cooking butter in a frying pan until very hot. Sear the medallions on the first side for 2 minutes, then turn them over and brush with half of the herb marinade. Repeat on the second side. Transfer the medallions to a preheated dish and finish cooking in the oven at 80 °C for 45 minutes.

In the meantime, clean the leeks and cut into rings about 0.5 cm thick.

Melt 20 g of butter in a pan. Add the leek, season with salt and pepper and sauté for 3–4 minutes. Pour in the white wine and cook uncovered for another 3 minutes. The wine should evaporate almost completely. Now add the cream and reduce until creamy. Finally, stir in the mustard and season with nutmeg.

Chop the toast bread into medium-sized pieces and fry in 10 g butter until golden brown. Place on a plate. Chop the bacon into large pieces and fry in the same pan until crispy but not too dark. Add to the breadcrumbs with finely grated lemon zest and mix everything together. Just before serving, increase the oven temperature to 230°C and allow the medallions to heat through for 4–5 minutes. At the same time, reheat the leeks.

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Serving

Arrange on preheated plates, place the medallions on top and sprinkle with the bacon crumbs. Serve immediately.