

Grilled Vegetables And Thyme Pork Tenderloin Medallions

Chef Alex: Thursday 3-6 Class #5



SKILLS LEARNED

Knife skills continued
Searing
Grilling

EQUIPMENT

Cutting board
Tongues
Searing pan
Grill pan or outdoor grill

INGREDIENTS

Red, yellow and orange bell peppers
Spring onions
Portobello mushrooms
Asparagus
Pork Tenderloin
Thyme
Olive oil
Salt and pepper to taste

INSTRUCTIONS

1. Cut the bell peppers into planks, cut ends off of the asparagus, grill mushrooms and quarter them, cut spring onions in half. Then lightly coat veggies with olive oil and season with salt and pepper evenly.
2. Heat grill pan or grill while preparing the pork tenderloin. You can ask your local butcher to fabricate the tenderloin removing the fat and silver skin and cut into ¾ inch medallions. Then lightly coat with olive oil and salt and pepper as well as the thyme sprigs. About 5-6 sprigs. Toss well.
3. Heat the searing pan on high heat and add 1 Tablespoon of olive oil. Then start working on placing your veggies on the grill while your waiting for the searing pan to get slightly smoky hot. The bell peppers first, then the mushrooms, asparagus and then spring onions last. For larger pieces, start at 10 o'clock angle for 1-2 minutes and then turn to 2 o'clock to get cross hatching pattern.
4. Once your searing pan his hot, gently place each pork medallion in the pan using your tongues. Make sure each side has a nice golden brown color. If you'd like use a meat thermometer, make

sure internal temp is at 165 or more.

5. Place all veggies and meat on a platter. Can be served family style on the table. Balsamic glaze or any vinaigrette is a great condiment to have with this dish. Enjoy!!