

Lynda's Medallions of Pork in a White Wine & Mustard Sauce

Served with Champ

Tastes Like Home with Catherine Fulvio

Serves 4

Ingredients for the Medallions of Pork and White Wine & Mustard Sauce

1 pork fillet cut into medallions
1 medium onion chopped thinly
175g button mushrooms
300ml sour cream
30ml cream
half a tsp paprika
100ml white wine
zest of 1 lemon
juice of half a lemon
4 tsp heaped of Dijon mustard
6 drops Tabasco
3 tbsp Worcestershire sauce
olive oil
salt & pepper
* in Dubai we swapped the pork for rose veal and the white wine for apple juice

Method

Preheat the oven to 180C.
In a frying pan heat the olive oil and fry the chopped onions slowly.
Once lightly browned remove these and place in a shallow casserole dish.
Then fry the button mushrooms whole until lightly coloured and set aside.
Fry the pork medallions for 3 or 4 minutes on each side, then place these in the shallow casserole dish on top of the onions and place the mushrooms on top of the pork.
In the frying pan add the sour cream, white wine, lemon juice, mustard, Worcestershire sauce, tabasco and cream and heat gently. Pour this over the pork, mushrooms and onions in the shallow casserole dish.
Season with salt and freshly ground black pepper.
Sprinkle paprika over the top.

Place the lid on it and place into the pre-heated oven Gas Mark 4, 180°C (350°F) for 40 minutes.

Ingredients for the Champ

900g potatoes
150g petit pois peas
50g spring onions (8 large spring onions)
300ml milk
3 tbsp chopped parsley
25g butter
Salt and black pepper

Method

Peel the potatoes and place in a saucepan and cook the potatoes in boiling salted water until cooked.
Drain all the water return back to the heat and shake in the saucepan for a minute.
Add the butter and allow to melt, once melted mash the potatoes thoroughly and season with salt and pepper.
In another saucepan allow the milk to heat slowly and simmer with the peas and spring onions until peas are just cooked.
Add the parsley for a minute before pouring the warm milk mixture over the mashed potatoes.
Mix carefully until smooth and serve with a knob of butter and garnish with parsley for garnish.