



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Pork Medallions with Orange Sauce –

¼ cup all-purpose flour

Kosher salt and freshly ground black pepper

1 ½ pounds pork tenderloin, trimmed and sliced on the bias into 1/2–inch thick medallions

1 – 2 tbl. olive oil

1 small garlic clove, minced

¾ cup fresh orange juice (about 3 oranges)

1 tbl. fresh lemon juice

1 tbl. capers, drained and rinsed (optional)

- 1. In a shallow dish, whisk together flour, ½ tsp. salt and ¼ tsp. pepper. Place pork slices on a clean work surface and press with the heel of your hand until each is about 1/3-inch thick. Lightly dredge pork in flour mixture, turning to coat completely, tap off excess.**
- 2. In a 12-inch nonstick skillet, heat 1 tbl. oil over medium-high heat. Working in batches so as not to crowd pan, add pork; sear until browned, about 2 minutes per side. Transfer to a platter. Add more oil to skillet, if needed. Cover with foil.**
- 3. Add garlic; cook, stirring, until fragrant, about 1 minute. Add capers, if desired, and citrus juices. Bring to a boil, stirring up any browned bits from bottom of pan. Cook until sauce is slightly thickened, 2 to 3 minutes. Season with salt and pepper, as desired. Serve sauce over pork.**

Credit: Everyday Food