

## *Pan-Roasted Pork Tenderloin with Dijon Cream Sauce*

---

### **Ingredients:**

1 pork tenderloin  
salt & pepper  
a small handful of freshly chopped herbs, or in a pinch use about ½ a tablespoon of dried thyme  
2 T oil (1 for the pan and 1 for the tenderloin)  
1T grainy Dijon  
2/3 c cream

### **Directions:**

Preheat the oven to 400°  
Brush the inside of an oven proof skillet with 1 T of oil ~ I prefer cast iron  
Heat the skillet over medium high heat.  
While it's heating, massage the remaining oil over the tenderloin.  
Season well with salt & pepper, and the herbs. Rub the seasonings all over the oiled meat.  
Sear the meat in the hot skillet, about 3-4 minutes per side.  
Once seared, place the hot skillet into the hot oven, and roast for 20 minutes.  
Carefully remove the skillet from the oven.  
Using tongs, move the tenderloin to a cutting board, let rest.  
Turn the heat back on to medium under the skillet.  
Deglaze the pan with the Dijon mustard, scraping loose bits of meat & herbs from the bottom of the pan.  
Add in the cream, slowly, stirring to incorporate the Dijon.  
Let the sauce cook over a low heat for a couple of minutes.  
Serve drizzled over ½" slices of pork.

Note: to make the sauce separate from a roast, brown 1 finely chopped onion in 1T of butter over medium heat. Add the Dijon to the browned onions and proceed with the recipe.