

Dijon Thyme Pork

Unit: Large Skillet

1 - Pork tenderloin (approx. 1lb cut into thick slices)

1 - tbsp fresh Thyme (finely chopped)

1 - tbsp. Butter

2 - tsp. Corn starch

3 - tbsp. fresh garlic (minced)

1/4 - Cup of Chardonnay wine

2 - tbsp. Dijon mustard

Combine thyme, mustard, wine and garlic in a bowl. Preheat a large skillet on medium-high heat (425 for electric) until water beads in the pan when flicked into it. (approx. 5-7 minutes). Place the pork slices into the skillet for 5 minutes or until they release easily with a fork.

Flip the pork slices, pour the ingredients over them and seal the lid with the valve under the knob turned closed. Reduce the heat to medium-low (275 on the electric) for 15-20 minutes.

Before you serve them, remove the pork from the skillet. Stir the cornstarch in a glass with some water and pour into the sauce. Raise the temp to medium heat (325 on the electric) until the sauce thickens. Serve the sauce over the meat.