

Sage & Sweet Onion Pork Medallions

Marinate Ingredients:

- 3 lbs. pork tenderloin, cut into scaloppini
- ¼ cup plain yogurt
- 2 tbsp. olive oil
- ½ ea. lemon, squeezed
- 3 tbsp. red onion, sliced
- 1 teas. sea salt
- ¼ teas. pepper, black

Preparation:

Mix all ingredients and marinate the pork for 24 hours.

Ingredients:

- 1 ½ cup Barley flour
- 3 tbsp. onions, red, sliced
- 2 tbsp. cranberries, fresh
- 3 tbsp. apple, peeled and diced
- 5 sprigs sage, fresh, sliced
- 3 tbsp. Marsala wine
- 1 teas. coriander
- 1 teas. sea salt
- ¼ teas. pepper, black

Preparation:

Coat the pork medallions with barley flour and pan fry in olive oil till brown. Sauté the onions till they are clear. Add the cranberries, apple, and sage. Flame with the marsala wine. Add the seasoning. Let the pork medallions simmer with the chutney.



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