

## Pork Medallions with an Apple Cream Sauce, Buttered Cabbage and Carrot, Polish Potatoes

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### ***Pork Medallions with an Apple Cream Sauce***

1 Meadowbrook's Omega Pork Tenderloin cut into medallions		1 tbsp vegetable oil
2 tbsp apple brandy	¼-cup chicken stock	¼-cup heavy cream
½ tsp fresh sage, finely chopped	½ tsp fresh rosemary, finely chopped	
½ tsp fresh thyme, finely chopped	1 shallot, finely diced	1 apple, peeled and sliced
2 tbsp butter	Salt and pepper to taste	

1. Heat oven to 200 F
2. Season pork
3. Heat oil over medium heat, sear and pan-fry medallions, transfer to oven to hold after cooking
4. Melt butter in the same pan, add shallot, apple, sage, rosemary, thyme and sauté until browned
5. Add stock and brandy and reduce liquid by 1/3
6. Add cream and reduce heat
7. Plate pork
8. Spoon sauce over pork

### ***Buttered Cabbage and Carrot***

½-cup cabbage, shredded	¼ cup carrot, shredded	2 tbsp butter
salt and pepper to taste		

1. Shred cabbage and carrot
2. Melt butter in pan over medium heat
3. Add carrot and cabbage slowly sauté until soft
4. Season with salt and pepper

### ***Polish Potatoes***

1 large red potato, peeled and cubed	½ onion, to be caramelized	½-cup bacon, diced
1 tbsp white sugar	1 tbsp white wine	1 tbsp olive oil
2 tbsp fresh dill, chopped		

1. Peel and cube potatoes
2. Boil potatoes
3. While potatoes are boiling, slice onion and dice bacon
4. Add onion, sugar, and oil to a saucepan and sauté
5. Place boiled potato, caramelized onion, bacon and dill in a bowl and toss
6. Season with salt and pepper