Pork Medallions with Port Sauce –from my friend, Chonie

Serve with rice and a steamed vegetable

- 1 c. dried cranberries
- 1 T. canola oil
- 2 lbs pork tenderloin, cut into 12 medallions, ¾ inch thick
- Salt and pepper
- 2 shallots, finely chopped
- 1 cup port wine
- ½ c. balsamic vinegar
- 1 ½ c. chicken broth, low fat (or homemade!)
- 1 t. thyme
- 2 t. cornstarch

In a small saucepan, combine cranberries and 2 cups water. Bring to a simmer and cook for 3 minutes. Drain, reserving both the fruit and the cooking liquid. Set aside. Heat the oil over medium heat. Season pork with salt and pepper and add to the skillet; cook until browned on the outside and no longer pink inside, about 3 minutes per side. (If you are going to freeze it, cool the pork and put it in two one-gallon freezer bags.

Add shallots to the skillet and cook, stirring for 30 seconds. Pour in port and vinegar and bring to a boil, stirring to scrape up any brown bits. Boil until reduced by half, 3-5 minutes. Add chicken stock and thyme. Reduce by half, 5-7 minutes. In a small bowl, dissolve cornstarch in 2 T. cranberry water. Whisk into the sauce and cook, stirring, until slightly thickened and glossy. Stir in the reserved cranberries and season with salt and pepper. (If you are freezing, place the sauce in two one-quart freezer bags. Place on top of medallions and freeze.

(To serve from frozen state: Thaw 1-2 days in refrigerator. Heat medallions in a skillet until warm and cooked through. Add sauce to skillet and heat. Serve medallions with sauce.)

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