

Medallions of Pork with Sun-Dried Cranberries

[Steve Shipley of Johnson & Wales](#)

From the Yale Appliance + Lighting Chef Series

Serves 4

Ingredients

- 1 cup ruby port or other sweet red wine
- 1/3 cup dried sweet cherries
- 1 teaspoon Dijon mustard
- 1 tablespoon vegetable oil
- 1 1/2 pounds pork tenderloin, trimmed
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon butter
- Fresh parsley springs (optional)

Preparation

1. Combine first 4 ingredients.
2. Heat oil in a large nonstick skillet over low heat for 2 minutes. Cut the pork crosswise into 16 pieces. Sprinkle evenly with salt and pepper.
3. Place pork in pan; cook 4 minutes on each side or until golden brown. Remove pork from pan. Stir in wine mixture, scraping to loosen browned bits. Increase heat to high; bring to a boil. Cook until reduced to 1/2 cup (about 3 minutes).
4. Remove from heat.