

# Pork Fillet with Creamy Dijon Mustard Sauce

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Serves 4

Preparation Time: 10 mins

Cooking Time: 30 hrs

*Mustard doesn't just belong on hotdogs – add it to creamy sauces!*

## Ingredients

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- ❖ 15ml (1 tbsp) oil
- ❖ 25g (1 oz) butter
- ❖ 800 g (1¾ lb) pork [tenderloin] fillet
- ❖ salt and pepper
- ❖ 250ml (1 cup) dry white wine
- ❖ 250ml (1 cup) double [heavy] cream
- ❖ 60ml (4 tbsp) Dijon mustard
- ❖ chopped flat-leaf parsley, to garnish

## Directions

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1. Preheat the oven to 180°C (fan 170°C/350°F/gas 4). Trim the pork fillet, removing any fat or sinew from the outside.
2. Heat oil and butter in a frying pan, add the fillets and cook until lightly browned all over. (Retain the cooking oils in the pan.) Remove and place in an oven-proof dish and bake for 15 minutes for medium to well-done or 20 minutes for well-done. Leave in a warm place for 10 minutes before slicing in 2.5cm (1 inch) diagonal wedges.
3. Meanwhile, add the wine to the frying pan and increase the heat. Boil until the wine has reduced by at least half, then add the cream and bring back to the boil until lightly thickened.
4. Some people might find the mustard in the sauce a bit strong, so you can easily temper it a bit by putting in less than stated in the ingredients list. Add the mustard one tablespoon at a time and taste. Repeat until you are happy with the result.
5. Return the pork slices and any collected meat juices to the sauce and swirl until coated. Do not boil the pork in the sauce or it will toughen.
6. Garnish with parsley and serve immediately.

## Serving Suggestion

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Rice or mash, and your favourite steamed greens.

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