

Pork Tenderloin with Mushrooms and Onions



Photo: Hector Manuel Sanchez

ROBIN BASHINSKY DECEMBER 12, 2016

ACTIVE TIME 23 mins

TOTAL TIME 23 mins

YIELD

Serves 4 (serving size: 3 oz. pork and about 1 cup mushroom mixture)

While pork tenderloin often roasts in the oven after an initial pan sear, you can easily cook it start to finish on the stovetop. The key is

medium heat, which gradually builds a tasty brown crust as you turn the meat, but won't overcook the outside before the interior is done. Use a stainless-steel pan instead of a non-stick here, if possible. A stainless surface will better collect fond (browned bits) from the pork, lending rich flavour to the mushrooms and onions as they cook.

Ingredients

- 2 tablespoons canola oil
- 1 (450gm.) pork tenderloin, trimmed
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 350 gm sliced shiitake mushroom caps
- 3 cups frozen pearl onions, thawed
- 2 tablespoons chopped fresh thyme

How to Make It

1. Heat oil in a large high-sided skillet over medium. Sprinkle pork with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add pork to pan; cook, turning occasionally, until browned on all sides and a meat thermometer inserted into thickest portion registers 65°C, about 15 minutes. Remove pork from pan; keep warm.
2. Add mushrooms, onions, thyme, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper to pan; cook, stirring and scraping pan to loosen browned bits from bottom of pan, until vegetables are soft, about 7 minutes. Cut pork crosswise into thin slices; serve with mushrooms and onions.