

# Pork Medallions w/ Miso Sauce

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

*Swick*

## Chef's Notes

Related Recipe:

Coconut Infused Jasmine Rice

## Preparing the Pork

To prepare the pork, first trim off any excess fat and remove the silverskin. Cut the tenderloin into slices about 1" -inch thick. Cover the pieces with plastic wrap and then gently pound to flatten slightly.

## Step 1: Preparing the Pork

- 1 whole pork tenderloin

## Preparing the Mise en Place

To prepare your mise en place, first émincé the shallots lengthwise. Émincé the garlic and mince the ginger. Slice the green onions on a bias and then gather the rice wine vinegar, soy sauce, miso and oil.

## Step 2: Preparing the Mise en Place

- 1 shallot
- 1 clove garlic
- 1 1/2 tsp ginger
- 1 to 2 green onions
- 1/4 cup rice wine vinegar
- 1/2 tsp soy sauce
- 1 tsp genmai miso paste
- 2 tsp grapeseed oil

## Cooking the Pork

To cook the pork, first season each side with salt and pepper.

Heat a fry pan over medium to medium-high heat. Once the pan is properly heated, add the oil, immediately followed by the pork. Let the pork cook for 2 to 3 minutes per side or until just cooked through. Once done, transfer to a cooling rack, tent with vented foil and let rest, while you make the sauce.

### Step 3: Cooking the Pork

- sea salt, to taste
- freshly ground black pepper. to taste

### Making the Sauce

To prepare the sauce, make sure there is enough oil in the pan so the sucs don't burn. Then add the shallots and sauté for about 20 seconds.

Next, add the ginger and garlic and let cook for another 20 seconds or so. Then deglaze with the rice wine vinegar and let this reduce until it reaches a syrupy consistency. Add the stock and let reduce by at least half. As the stock is reducing, you can add the juices from the resting meat.

Once reduced by half, whisk in the miso. Season with soy sauce to taste. Turn the heat to low and coat the pork with the sauce. Transfer the pork to warmed serving plates.

Lastly, add the green onions and stir to combine. To serve, pour a few tablespoons of sauce over each dish and serve immediately with some jasmine rice.

### Step 4: Making the Sauce

- 1 1/2 cups chicken stock