



Complexity level: Easy

Calories level: Middle-calories level

Price estimation: 5 - 10 \$

Ingredients

7 oz
mushrooms (button)
1 clv
garlic
3 T
olive oil
1/2 t
salt
1/4 t
ground black pepper
2 l
bay (leaves)
1/4 t
rosemary
1/2 c
white wine
1/2 c
cream
1
pork tenderloin (whole piece)
1/2 t
ground black pepper
1 t
salt
1/4 t
rosemary
1/4 t
thyme

Instructions

FOR THE HOMEMADE MUSHROOM SAUCE:

1. Peel and wash button mushrooms.
2. Slice most of the mushrooms and cut 3 or 4 into quarters.
3. Peel and chop clove of garlic.
4. Heat 3 tablespoons of olive oil in a skillet. When warm, add chopped garlic and sauté for 1 minute over medium heat.
5. Add mushrooms (both sliced and cut into quarters) and sprinkle with salt and ground black pepper. Stir-fry over medium heat for 5 - 7 minutes or until mushrooms are golden. (If they are not golden the sauce will be lighter in color).
6. Add 2 bay leaves, a pinch of rosemary and white wine.
7. Cook over low heat for 10 - 12 or until most of the wine is reduced.
8. Take the quartered mushrooms out and set aside.
9. Add cream and cook over low heat for 2 - 3 minutes.
10. Remove bay leaves.
11. Use an immersion or stand blender to puree the mixture into a sauce. If the sauce is too thick, add some milk.
12. Add quartered mushrooms to the sauce and keep warm.

FOR THE SPANISH PORK TENDERLOIN:

1. Slice pork tenderloin into medallions (1/2 to 1 inch).
2. Sprinkle with salt and ground black pepper.
3. Add a pinch of rosemary and thyme to the grill and grill medallions for 1 - 2 minutes each side.
4. Serve into dishes and pour some mushroom sauce over each medallion.
5. Enjoy your Spanish pork tenderloin with mushroom sauce medallion recipe. See more [pork recipes](#) [1] or Spanish Tapas.

Source URL: <https://thespanishcuisine.com/recipes/pork-tenderloin-with-mushroom-sauce>

Links

[1] <https://thespanishcuisine.com/recipes/pork>