

PORK & MUSTARD STROGANOFF

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This take on traditional beef stroganoff is a little lighter, but the flavor is boosted with addition of brown mustard. Brands of mustard will vary in intensity, so taste as it is whisked into the sauce.

- 1 pound pork tenderloin, silverskin removed
- kosher salt
- freshly ground pepper to taste
- 3 tablespoons olive oil, or as needed
- 6 tablespoons dry sherry, Amontillado preferred
- 1 ½ tablespoons soy sauce
- 1 large onion chopped moderately fine
- 2 teaspoons minced garlic
- ½ ounce dried porcini rehydrated in hot water to cover
- 3 tablespoons unsalted butter
- ¾ pound cremini mushrooms, cleaned and sliced
- 1½ cups beef broth or stock
- 1½ cups chicken broth or stock
- 1 bay leaf
- 1½ teaspoons minced thyme
- 4 parsley stems
- ¼ cup brown/whole grain Dijon mustard
- 1 teaspoon sherry vinegar
- 1 teaspoon Worcestershire sauce
- ½ cup sour cream
- 2 tablespoons softened butter
- 1½ tablespoons all-purpose flour
- 12 ounces medium-size egg noodles, cooked
- finely chopped parsley (optional garnish)

1. Season tenderloin to taste with salt and pepper. Preheat a Dutch oven to medium-high; add just enough oil to coat skillet bottom, about 1 tablespoon. When oil shimmers and is just short of smoking, add tenderloin. Brown on all sides, waiting to turn meat until it releases from the pan when shaken.
2. Set pork aside to cool, about 15-20 minutes (keep Dutch oven with browned bits - the fond). Cut tenderloin in half lengthwise, then cut each half crosswise into thin slices, about ⅛- to ⅜-inch thick. Combine 2 tablespoons of the sherry and 1 tablespoon of the soy sauce in a bowl. Add the meat and turn to coat thoroughly. Refrigerate until ready to cook.
3. In the same Dutch oven over medium heat, add 2 tablespoons oil and chopped onions. Cook until onions turn golden brown, about 6-8 minutes. Add the garlic and cook a minute more until garlic becomes fragrant. Transfer onions and garlic to a bowl and reserve.

4. Meanwhile, swish porcini in the water to remove any grit; remove porcini and chop moderately fine. Strain soaking water through a coffee filter; reserve porcini water.
5. In the same pan, add the butter and sliced cremini mushrooms. Season to taste and cook, stirring occasionally, until mushrooms have released their moisture and are almost half their original size, about 4-5 minutes. Deglaze with the rest of the sherry and cook briefly until liquid is reduced by about half.
6. Add porcini, reserved onions and garlic, reserved porcini water, beef and chicken broths, bay leaf, thyme and parsley stems. Simmer uncovered, about 20-25 minutes, or until liquid is reduced by one-third. Remove and discard bay leaf and parsley stems. The recipe can be prepared ahead to this point; reheat before proceeding.
7. Whisk in mustard, vinegar, Worcestershire sauce, the remaining soy sauce and sour cream. Simmer for a few minutes to meld flavors.
8. Meanwhile, combine the butter and flour in a small bowl. Whisk butter-flour mixture into the simmering liquid. Taste and adjust seasoning.
9. Add pork and cook until cooked through, about 5 minutes, stirring occasionally.
10. Taste and adjust seasoning once more before serving immediately over hot, buttered egg noodles. Garnish with parsley if desired.

Per serving: 390 calories, 21 g protein, 34 g carbohydrate, 18 g fat (8 g saturated), 94 mg cholesterol, 600 mg sodium, 2 g fiber.