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Pork with Creamy Sage Mustard Sauce

Page 1 of 2

René Rich

Serves: 4

This pork dish is great to make when you find pork tenderloin on sale or have some leftover fresh sage in your fridge. Although the pork should sit, for at least 30 minutes prior to cooking, this dish is very quick to make once you begin the cooking.

MAKE AHEAD

The pork should be coated in the rub, wrapped in cellophane and put in the fridge for at least 30 minutes, and up to 2 hours, before cooking.

EQUIPMENT NEEDED

Measuring spoons
Liquid measuring cup
Small mixing bowl
Heavy oven safe skillet or pan
Small saucepan
Meat thermometer (optional)

SHOPPING LIST/PREP LIST

For the Pork:

2 garlic cloves, finely chopped
1 tablespoon fresh sage, finely chopped
1 teaspoon kosher salt
½ teaspoon fresh ground pepper
1 tablespoon olive oil
1 ¼ - 1 ½ pound pork tenderloin
1 tablespoon vegetable oil

For the Sauce:

1 cup heavy cream
1 ½ tablespoons Dijon mustard
1 tablespoon fresh sage, finely chopped
3 tablespoons low-sodium chicken broth (optional: more or less to thickness desired)
Fresh sage sprigs (for garnish)



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Page 2 of 2

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PREPARATION STEPS

STEP	INGREDIENTS	DIRECTIONS
1	Garlic Sage 1 teaspoon kosher salt ¼ teaspoon fresh ground pepper (or to taste) 1 tablespoon olive oil	Mix in small mixing bowl.
2	Rub from step 1 Pork tenderloin	Rub all over the outside of the tenderloin. Wrap in cellophane and place in the fridge for at least 30 minutes and up to 2 hours.
3	-----	Pre-heat oven to 400f.
4	-----	Heat the heavy skillet over medium-high heat.
5	Vegetable oil	Add to the pan, swirl around.
6	Rubbed pork tenderloin	Add to the pan and brown on all sides, about 1 minute per side. Transfer to oven. Roast, turning occasionally, until a thermometer registers 145 – 150, about 20 minutes.
		MEANWHILE.....
7	1 cup heavy cream 1 ½ tablespoons Dijon mustard Sage	Mix in small saucepan over medium-high heat, bring to a boil, and stir until cream has reduced to ½ cup (about 6 minutes). Remove from heat and set aside.
8	Cooked pork tenderloin	Remove from oven and place on a plate or cutting board. Tent the pork, with foil, for 10 minutes.
9	Sauce from step 7 Chicken broth (optional)	Reheat on low. Once the pork has rested, pour off any juices into the sauce. Stir. If too thick, add some chicken broth to the desired thinness.
10	Rested pork tenderloin Prepared sauce Fresh sage sprigs	Cut into ½ inch slices. Place on plates. Drizzle sauce over the top. Garnish with sage sprigs.
11	Pork with Creamy Sage Mustard Sauce	Serve and enjoy!

SERVING SUGGESTIONS

Serve with roasted potatoes (fingerlings are my favorite) and a green vegetable such as broccoli or asparagus.