

## PORK MEDALLIONS WITH BLACKBERRY COMPOTE

*(from the Bewitching Kitchen)*

*(sous-vide or regular cooking)*

1 pork tenderloin, trimmed, silver skin removed

1/2 teaspoon salt

2 teaspoons minced ginger

1 tablespoon butter

lemon juice

for the compote:

1 tablespoon butter

2 cups blackberries

1 teaspoon arrowroot powder

2 teaspoons lemon juice

zest of 1/2 lemon

pinch of cardamon

pinch of salt

Season the pork with salt, rub the ginger all over, squirt a little lemon juice. Place it in a vacuum sealable bag, add the butter on top and seal the bag. Cook sous-vide at 140 to 145 F for 3 to 6 hours. When it's time to serve, cut the pork in medallions and sear each slice on a screaming hot pan, preferably non-stick with ridges. You can also sear it on a grill. If you don't have a sous-vide gadget, sear the pork after seasoning on a skillet with a mixture of butter and olive oil, then place in a 400 F oven until done to your liking. Cut in slices and proceed with the recipe.

Make the compote. In a saucepan, melt the butter over medium heat. In a medium bowl, toss the berries with the arrowroot powder, then add the berries, lemon juice, cardamon, and salt to the pan. Cook over low heat until the berries soften and the liquid seems a bit thick and syrupy, about 15 minutes, stirring every once in a while.

Spoon the compote, either warm or room temperature over the seared pork slices, and serve right away.