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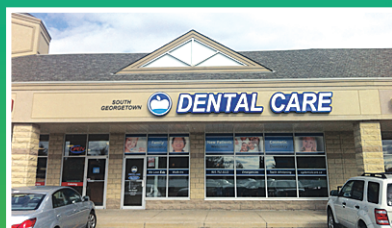


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## What's Cookin': Using up leftovers

*Gerry is writing today*

What's leftover in your pantry after the holidays? Or do you have a pantry? A pantry is a room where food, provisions or linens are stored in an ancillary capacity to the kitchen. I don't, but I would love to, have such extra space. I call the 8' tall, 12" wide cupboard by my fridge my pantry!

Maybe with the ice storm, you didn't have the company you expected or you overshopped in December and stocked up just in case. Well, no time like the present to cook up and use up what's in your pantry, freezer and fridge. My mission this year is to spend less on groceries. Easy place to save if you put your mind to it. Figure I can spend \$100 less per month at the grocery store by going less often, therefore avoiding

**Lori Gysel &  
Gerry Kentner**



spontaneous purchases, working with recipes inspired by using up items at home (my cupboards are always jammed) and creating new recipes that require more time at a less busy time of year. Pick one ingredient you want to use up and challenge your creativity. Using coupons, shopping the specials, these can make your household budget stretch further, leaving some funds for something else you may want.

As always, have fun in the kitchen and please keep cooking. I am now heading to my kitchen for an afternoon of some cooking fun. (cabbage rolls and peach scones).

## Pork Tenderloin Medallions

### Ingredients

- 1 whole pork tenderloin
- 1 tbsp butter
- 1 tbsp vegetable oil
- 4 shallots, diced
- 1 tbsp Dijon mustard
- 1 cup chicken stock
- 1/3 cup 35% cream
- 1/2 tsp freshly ground pepper



### Method

1. Heat butter and oil in a large fry pan. Season pork tenderloin with salt and pepper, then sauté whole pork tenderloin on

all sides. Remove to a baking pan and bake at 350 F degrees uncovered for 20-25 minutes, until internal temperature reaches 165 degrees F. Let rest for 10 minutes before cutting.

2. To make sauce, add shallots to the pan that cooked the pork, cook until softened and translucent. Whisk in the Dijon mustard and chicken stock. Simmer for 5 minutes. Add the cream and pepper, simmer until thickened, approximately 5 minutes.

3. Slice the tenderloin into medallions and add any juices to the sauce. Bring sauce back to a boil if juices were added. Serve. Serves 2-4.

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