GENERAL

# jamie oliver pork medallions

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## Jamie Oliver Pork Medallions: A Delicious, Easy-to-Make Classic

When it comes to quick, flavourful dinners that feel a little special, few recipes match the charm of Jamie Oliver's pork medallions. This simple yet elegant dish showcases the natural sweetness of pork, balanced with aromatic herbs and a touch of citrus. Whether you're a seasoned cook or a kitchen newbie, Jamie Oliver's approach to pork medallions makes it a go-to recipe for busy weeknights and relaxed weekend meals alike.

### Why Jamie Oliver's Pork Medallions Stand Out

Jamie Oliver, the beloved British chef known for his approachable cooking style, has a knack for turning humble ingredients into memorable meals. His pork medallions recipe exemplifies this philosophy. The dish is:

- Fast – Ready in under 30 minutes.
- Versatile – Works with fresh or frozen pork.
- Flavorful – A harmonious blend of herbs, garlic, and lemon.
- Comforting – A warm, satisfying plate that feels like a hug.

With minimal prep, a handful of pantry staples, and a few fresh ingredients, you can recreate a restaurant style dish right in your own kitchen.

## Ingredients for Jamie Oliver Pork Medallions

Below is the full list of ingredients you'll need. Feel free to adjust portions based on your household size or dietary preferences.

- 1.5 lbs (680 g) pork tenderloin, sliced into 1 inch thick medallions
- 2 tablespoons olive oil
- 1 tablespoon butter
- 3 cloves garlic, finely minced
- 1 teaspoon fresh thyme, chopped (or ½ teaspoon dried)
- 1 teaspoon fresh rosemary, chopped (or ½ teaspoon dried)
- 1 lemon, zest and juice
- Salt and freshly ground black pepper, to taste
- Optional: ¼ cup white wine or chicken stock for deglazing
- Optional garnish: fresh parsley, lemon wedges, or a drizzle of extra virgin olive oil

## Step by Step Instructions

1. Prepare the Pork

Trim any silver skin or excess fat from the pork tenderloin. Slice the tenderloin into even 1 inch medallions for uniform cooking. Pat the medallions dry with a paper towel – this helps achieve a nice sear.

2. Season

Season both sides of each medallion generously with salt and pepper. Then sprinkle the thyme, rosemary, and lemon zest over the pork, pressing lightly so the herbs adhere.

3. Heat the Pan

Place a large skillet or frying pan over medium  high heat. Add the olive oil and let it shimmer. Once hot, add the pork medallions in a single layer, being careful not to overcrowd. Cook for 3–4 minutes on the first side until a golden crust forms.

4. Flip and Add Flavor

Flip the medallions and add the butter to the pan. As the butter melts, spoon it over the pork to baste. Add the minced garlic, thyme, rosemary, and a splash of lemon juice. Let the medallions cook for an additional 3–4 minutes, basting frequently.

5. Optional Deglaze

If you'd like a richer sauce, remove the pork and set aside. Pour ¼ cup white wine or chicken stock into the hot pan, scraping up any browned bits. Let it reduce by half, then return the pork to the pan and coat each piece with the sauce.

6. Finish

Once the pork is cooked through (internal temperature of 145°F / 63°C) and has a lovely golden exterior, transfer the medallions to a serving platter. Drizzle any remaining pan sauce over the top.

7. Serve

Garnish with fresh parsley and lemon wedges if desired. Pair the pork medallions with roasted vegetables, mashed potatoes, or a crisp green salad for a complete meal.

## Cooking Tips & Tricks

Jamie Oliver's pork medallions can be elevated with a few simple adjustments:

- Use a Cast  Iron Skillet – Cast iron retains heat better, giving the pork a superior sear.
- Don't Crowd the Pan – Overcrowding lowers the pan temperature, leading to steaming rather than searing. Cook in batches if necessary.
- Let the Meat Rest – After cooking, allow the pork to rest for 5 minutes. This lets the juices redistribute, ensuring a moist bite.
- Experiment with Herbs – Swap thyme for oregano, or add a pinch of smoked paprika for a subtle kick.
- Use a Meat Thermometer – Guarantees perfect doneness without guessing.

## Variations on the Classic Recipe

Jamie Oliver's pork medallions are a blank canvas that can be customized to suit any palate. Here are a few variations to try:

### 1. Mediterranean  Inspired

Replace the lemon with orange zest and juice. Add chopped sun  dried tomatoes and capers to the pan. Finish with a sprinkle of feta cheese before serving.

### 2. Sweet & Spicy

Incorporate a tablespoon of honey or maple syrup to the sauce, and add a pinch of cayenne pepper or red pepper flakes. The sweetness balances the heat, creating a complex flavor profile.

### 3. Creamy Mushroom Sauce

After searing the pork, remove it and sauté sliced mushrooms in the same pan. Add a splash of heavy cream or a dollop of crème fraîche, then return the pork. The result is a luscious, velvety sauce.

### 4. Asian Twist

Use soy sauce, ginger, and garlic instead of lemon and herbs. Finish with a drizzle of sesame oil and sprinkle of

toasted sesame seeds.

## Serving Suggestions

Jamie Oliver pork medallions pair beautifully with a variety of sides. Consider the following options:

- Roasted Root Vegetables – Carrots, parsnips, and potatoes roasted with rosemary.
- Quinoa or Couscous – Light grains that absorb the pan sauce.
- Steamed Green Beans – Bright and crisp, seasoned with a touch of lemon zest.
- Polenta – Creamy polenta topped with the pork and sauce.
- Fresh Salad – A mixed greens salad with a light vinaigrette balances the richness of the pork.

## Nutritional Snapshot

Below is a quick look at the approximate nutrition per serving (based on 6 medallions):

- Calories – 280 kcal
- Protein – 22 g
- Fat – 15 g (mostly healthy monounsaturated fats from olive oil and butter)
- Carbohydrates – 2 g
- Fiber – 0.5 g
- Cholesterol – 70 mg
- Vitamin C – 20% of the Daily Value (from lemon)
- Iron – 8% of the Daily Value

Feel free to adjust portion sizes or swap ingredients to meet dietary needs.

## Jamie Oliver’s Culinary Philosophy

Jamie Oliver’s cooking style is rooted in simplicity, freshness, and accessibility. He believes that great meals don’t require exotic ingredients or hours of prep. Instead, they rely on:

- High  quality proteins like pork, chicken, or fish.
- Seasoned with herbs, citrus, and spices.
- Complemented by seasonal produce.

His pork medallions embody this ethos. The dish is quick to prepare, yet delivers a depth of flavor that feels indulgent. It’s the kind of meal that encourages families to sit down together without the stress of a complicated menu.

## FAQs About Jamie Oliver Pork Medallions

### Can I use pork chops instead of tenderloin?

Yes! Thin pork chops can replace tenderloin medallions. Slice them into even pieces and follow the same seasoning and cooking steps. Keep an eye on the cooking time; thinner chops may cook faster.

### What if I don’t have fresh thyme and rosemary?

Dry herbs work just as well. Use half the amount (½ teaspoon each) and adjust to taste. The key is to let the pan’s heat help release the herb oils.

### Is it safe to cook pork to 145°F?

Yes. The USDA recommends cooking pork to an internal temperature of 145°F (63°C) followed by a three minute rest. This ensures safety while maintaining tenderness.

### Can I make this dish ahead of time?

Absolutely. Cook the pork medallions and refrigerate them in an airtight container. Reheat gently in a pan or microwave, then finish with a quick sauce if desired.

## Final Thoughts

Jamie Oliver's pork medallions are more than just a recipe—they're a celebration of simple, honest cooking. By combining quality ingredients, a few aromatic herbs, and a splash of lemon, you can create a dish that feels both comforting and sophisticated. Whether you stick to the classic version or experiment with variations, these medallions are sure to become a staple in your culinary repertoire.

Next time you're looking for a quick, crowd pleasing dinner, reach for Jamie Oliver's pork medallions. They're proof that great food doesn't need to be complicated—just flavorful, fresh, and made with love.


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