



Pork Filet Mignon with Mustard and Cream

Filet mignon with mustard and cream is a must-have recipe, quick to prepare and full of flavor. This comforting dish will bring unanimity at the table!

Ingredients: (for 4 to 6 persons)

1 pork fillet mignon (about 700 g)

3 tablespoons of old-fashioned mustard

250 ml of thick fresh cream

1 tablespoon of honey (optional)

1 clove of garlic, chopped

1 tablespoon of butter

1 tablespoon of vegetable oil

150 ml of poultry broth or water

1 teaspoon of sweet paprika

Salt and pepper

Fresh parsley for decoration

Preparation:

Prepare and sear the meat:

Cut the fillet mignon into thick slices (3-4 cm). Heat the oil and butter in a skillet and fry the pieces over medium heat for 3 minutes on each side. Make your reservations.

Prepare the mustard sauce:

In the same pan, bring back the minced garlic quickly. Add old fashion mustard and poultry broth. Mix it up well.

Insert the cream:

Add sour cream, paprika and a pinch of salt and pepper. If you like a sweet touch, add a spoonful of honey to soften the sauce.

Let it simmer down:

Put the filet mignon chunks back in the pan. Cover and let simmer over low heat for 15 minutes, stirring occasionally to allow sauce to coat meat well.