



1-1 ¼ lb pork tenderloin, trimmed

½ tsp salt

½ tsp dried thyme

¼ tsp black pepper

Pinch of allspice

Olive oil

1 large shallot, finely chopped

2 tsp butter

1 ½ tbsp brown sugar

3 tbsp balsamic vinegar

1. Slice tenderloin into 8 pieces and place each piece between 2 sheets of plastic wrap. Pound with meat mallet to ½ inch thickness.
2. Combine salt, thyme, pepper and allspice. Rub pork slices with spice mixture.
3. Heat a large skillet over medium-high heat. Coat pan with olive oil. Add pork slices to pan and cook for 2 minutes on each side or until done. Remove from pan.
4. Reduce heat to medium. Combine brown sugar and balsamic vinegar and set aside. Add butter and shallots to pan. Cook until shallots start to brown. Add brown sugar and vinegar mixture to pan, stirring constantly until sugar dissolves, about 30 seconds. Serve sauce over pork.

