

# CHICKEN & PORK TENDERLOINS WITH NOODLES

F EASY

Last Modified: 12/19/2024

PREP: 15 Min  
COOK: 50 Min  
STOVETOP

ITALIAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
6	Whole	Chicken Tenderloins	Cubed
4	Whole	Pork Tenderloins	Cubed
2	1 Lb	Pkgs Extra Wide Egg Noodles	Al-Dente
4	Tbsp	Coarse Cracked Black Peppercorns	
3	Tbsp	Olive Oil	
1 +/-	Pinches	Sea Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1/2	Stick	Salted Butter	Divided

ITALIAN GARLIC SAUCE			
1 1/2	Cups	Dry Marsala Wine (Fiorio)	
12	Large	Garlic Cloves	Microplaned
1	10 Oz	Can Chicken Stock (Swanson)	
2/3	Cup	Whole Milk	
1/4	Stick	Salted Butter	

PREPARATION	
FACTOID	I enjoyed this several times at Osteria Laguna (Pietro's) across the street from Grand Central Station in New York City. A traditional Italian comfort food (Meravigliosa Braciolo), likely there are as MANY variations as there are Italian Grandmothers, but here is mine. Tender chunks of Chicken Tenderloin and Pork Tenderloin. There is a large quantity of Italian Garlic Sauce in order to flavor the Buttered Egg Noodles.
TOOLS	1) Medium Saucepan & Lid 2) Large Stainless Steel Skillet
PREP	<b>DISH</b> 1) Microplane the Garlic Cloves, cover and set them and their juice aside.
1	<b>PORK TENDERLOINS:</b> 2 Hours before - Roll each Tenderloin in the coarse cracked Black Peppercorns, Seal in Plastic wrap and refrigerate for a minimum of 2 hours. Rise off the Peppercorns and pat the Meat dry. Cut each Tenderloin into 3/4" thick Medallions Cut each Medallion into 3/4" chunks (Easier if the Meat is partially frozen).
2	<b>CHICKEN TENDERS:</b> 2 Slice each Tender into 3/4" wide strips. Cut each strip into 3/4" chunks (Easier if the Meat is partially frozen). Salt & pepper the chunks.
3	<b>GARLIC SAUCE:</b> In a medium saucepan over medium heat, Add in the Milk and Microplaned Garlic Cloves. Bring to a boil, reduce the heat to low and simmer for about 30 minutes, stirring occasionally. It should end up being a very thick consistency. If the Milk starts to dry out too much, add in a bit more as needed.
4	<b>GARLIC SAUCE:</b> Add in the Marsala Wine and Chicken Stock and return the mixture to a boil. Boil until it reduces by 1/2, about 15 minutes more. Remove from the heat & cover to keep warm.

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<b>5</b>	<b>PORK:</b> In a large skillet over medium heat, add in the Olive Oil and heat until it just shimmers. Add in the Tenderloin chunks and stir-fry until just beginning to whiten, about 2 minutes. Do NOT allow the cubes to brown at all.
<b>6</b>	<b>CHICKEN:</b> Add in the Chicken chunks and stir-fry until the Chicken just begins to turn White, about 2 minutes more. Still NOT allowing any cubes to brown at all.
<b>7</b>	<b>GARLIC SAUCE:</b> The Sauce should coat the back of a spoon nicely (See Picture), If too thick, thin with hot tap water. If too thin, use the Butter and a little Flour to make a French Roux and re-simmer while stirring until it thickens. Cut the Butter into pats on top and allow them to melt undisturbed.
<b>8</b>	<b>GARLIC SAUCE:</b> Lower the heat to a low simmer and add in the partially cooked Meats and simmer the mixture until the Noodles are done to your liking.
<b>9</b>	<b>EGG NOODLES:</b> Meanwhile, cook the Wide Egg Noodles according to package directions. Drain and stir in the Butter until melted & evenly coated.
<b>SERVE</b>	Arrange the Noodles on a warm dinner plate and spoon the Meat & Sauce generously over the top, Serve while very hot with a crusty Bread on the side. You can make this into a dish-to-pass, by pre-mixing everything and keeping it hot in a Slow Cooker.