

Let's Talk Food Literacy

Pork Tenderloin

Makes 4 servings

Ingredients:

Protein Foods: 1 Pork tenderloin

Oils, Aromatics and Seasonings

1 tbsp olive oil

Salt and Pepper to taste

1 large onion peeled and diced (large)

1 cup of low sodium beef stock or water



Pork tenderloin with soba noodle salad

Method:

- Collect all ingredients. Identify the grain of the pork. With a sharp knife, remove connective tissue (elastin and silverskin).
- Season pork with salt and pepper.
- Drizzle oil in a pan and heat. Sear the pork tenderloin on all sides.
- Add chopped onions to the bottom of the pan and then place the pork tenderloin on top of the bed of onions.
- Roast in a preheated oven at 350°F for approximately 25 minutes. The pork is cooked when it reaches an internal temperature of 160°F or 71°C. Check with a clean, calibrated thermometer.
- Transfer pork to a clean plate. Allow the roast to rest for 5 minutes. Cover with tinfoil but do not completely cover. Slice meat against the grain.
- To deglaze, place the pan back on the stove top and heat. Add about 1 cup of stock or water, and use a wooden spoon to lift caramelization from the bottom of the pan. Allow the mixture to reduce. This is your pan jus.
- Pour pan jus over the sliced pork. Serve with vegetables and fruits, and whole grains. *Enjoy!*

Tips and Tricks:

- **Identifying the grain of meat** means finding which direction the meat fibres run. Once the roast is cooked, cutting “against the grain,” (in the opposite direction that fibres run), helps to avoid chewy meat.



- **Resting the meat** means to let it sit (covered partially in foil) for a few minutes before carving. This allows juices to be distributed throughout the meat and prevents a dry and chewy texture.
- **Try re-inventing left overs!** Left over pork tenderloin is tasty on pizza, wraps, salads, and sandwiches. Store leftovers in the fridge for up to 4 days. You can also slice pork, wrap well, and freeze for up to 12 months.