

Transcript - Let's Talk Food Literacy: Pork Tenderloin

We start in a commercial kitchen with Pete McCarthy, Community Worker. Pete places the ingredients and tools he plans to use on the kitchen counter. As he does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'. While Pete speaks we see a dinner plate with the cooked pork tenderloin and soba noodle salad.

Hi everyone, Pete here. Today we're going to be working with some pork tenderloin. I love this because it's very versatile. Sometimes I can find it on sale and it just cooks up lovely. I'm going to show you how to work with it today.

Pete demonstrates how to remove the collagen and elastin connective tissues from the tenderloin using a boning knife.

We have two very beautiful, fresh pork tenderloins that we're going to be working with. As you can see with this pork tenderloin, we have two different types of connective tissue. This would be referred to as collagen. I usually like to take some of this collagen off because you don't need it, especially with this particular cut. And then we also have another type of connective tissue. This is referred to as elastin, the connective tissue that is really tough and chewy. Think of gristle. This type of elastin here is referred to as silver skin. So, it's a very thin membrane, but it's very, very tough and chewy, so you'll want to remove it. I just take my boning knife here. It's a very, very sharp knife. And you want to be very, very careful when you're working with this because you don't want to cut yourself. So, what I try to do is I just try to get the surface of my pork Tenderloin very, very flat, so I can cut through the elastin more efficiently. And I'm just going to come in underneath my silver skin and I try to stay as close to the silver skin as possible. And I'm just going to cut it out like that. Okay. And then I'm going to pull it tight, very carefully removing it. Okay. And that way I'm not going to have tough and chewy meat.

Pete identifies the direction the fibers running along the tenderloin. We see the text, "identify the grain". Then we see the tenderloin placed flat on a cutting board and arrows indicating the direction of the grain and the direction the meat should be cut.

When you go to cut this meat, you have to make sure you're cutting against the grain. Meat is made up of long, thin fibers that are bound together. We want to identify which way these fibers are running. So, I can see here that the grain of meat and the fibers are running this way. So, when I go to cut the meat, I want to cut the opposite way, cutting against the grain. Now, the next thing I want to do is season this meat, and remember folks too, you want to make sure that you're washing your hands throughout the cooking process, so as not to cross-contaminate.

Pete seasons the meat with freshly crushed salt and pepper. We see the text, "season with salt and pepper". Using tongs, Pete moves the meat around the dish to ensure all sides are seasoned.

I'm going to just season this up with a little bit of salt, not too much, and a little bit of freshly crushed black pepper, and just get that all over the meat.

Pete places a thick bottomed pan onto the stove.

As you can see here, I've got a good quality pan has a thick bottom on it. That way I'm not going to scorch the meat when I go to sear it. Before I put the meat into this pan, I want to make sure that I have

a medium in this case, we're going to use olive oil. If I put the meat into a very, very hot pan without something in between the pan and the meat, the meat will scorch.

Pete allows the pan to heat up. Once it is hot, he adds the olive oil to the pan and waits for it to shimmer. Once the oil starts to shimmer he places the seasoned tenderloin into the pan. Pete pulls the meat up using tongs, as it is lifting off easily, he flips it to sear the other side. Pete continues to do this until all sides of the tenderloin are seared.

I don't want the olive oil so hot that it's smoking, but I do want the pan good and hot so that I can sear this meat properly. If the pan is not hot enough, then my meat will start to release water and I won't get the caramelization and I will not get the searing action that I want. Searing means getting the meat brown on all sides too. When the oil starts to shimmer, that is a good indication that the pan is good and hot. I'm now going to place the meat into the pan. Be very careful when you're searing it off, the oil could spit up at you. I can see here that my meat is lifting off the pan very easily. And I'm just going to flip it over. As I can see here, lots of nice browning on our meat. I'm starting to develop caramelization.

Once the tenderloin is seared off on all sides, Pete lifts it up and adds chopped onions to the bottom of the pan. Then Pete places the seared meat on top of the onions. Next, the pan is placed into a preheated oven. We see the text, "180°C (350°F) for ~ 25 minutes."

When roasting meats, you want the meats elevated in the pan. In this case, I'm going to use some onions. So, our pork is nice and brown and seared off on all sides. I'm going to add the onions into my pan. You want to make sure that the onions are cut in an appropriate size. If I cut the onions too largely, then they won't cook fast enough. Into the oven we go.

Pete slides the rack the pan is sitting on out of the oven using a dry towel. We see the text, "check the temperature." Pete uses a cooking thermometer to measure the internal temperature of the tenderloin. We see the text, "internal temperature: 71°C (160°F)." After 15 seconds, Pete removes the thermometer, and happy with the internal temperature he pulls out the pan from the oven and places it on a wooden board on the counter. We see the text, "rest the meat for ~ 15 minutes." Pete moves the tenderloin onto a plate and covers it with foil.

Here's a tip folks: anytime that you're pulling a hot roasting pan or a pan out of the oven, make sure that you're using a clean and dry oven mitt or kitchen towel. Water conducts heat, so if it's wet, you could hurt yourself. So, I'm just going to check to make sure that this pork is thoroughly cooked. I'm going to put it into the fattest part of the pork tenderloin. And I have to bring it to a minimum of 160 degrees Fahrenheit, 71 degrees Celsius, minimum of 15 seconds. Oh, that's absolutely perfect. I always make sure that I clean my thermometer before and after every use. And that way it's guaranteed that it is sanitized, okay, very important step.

I'm going to pull out my pork Tenderloin and I'm going to let it rest. The reason I'm letting it rest is I want to allow the juices to be distributed throughout the meat. If I start cutting into it right away, then the juices are going to start pouring out of this meat here, and it will be dry and chewy.

To deglaze the pan, Pete puts the pan back on the stove. We see the text, "deglaze: use liquid to lift caramelization". Pete pours beef stock into the heating pan and uses a wooden spoon to lift the caramelization off the pan.

You can see here, we have a lot of caramelized juices here. I want to use this. Liquids you can use to deglaze: water or beef stock just to name a few, I'm going to use beef stock for this. So you just want to use a wooden spoon to lift up all the caramelization and look at our beautiful onions here. What's going to be absolutely delicious. That's ready to go.

Pete uncovers the cooked pork tenderloin and carves it. We see the text, "cut the meat against the grain".

So our pork tenderloin is done roasting and it's done resting and I'm just going to start to carve it. So, as you can see here, I can see the grain of my meat is running this way here, so I want to cut against the grain. Remember if you cut with the grain, your meat will be chewy. So, I'm just going to slice it against the grain. It's going to be nice and tender.

We see a dinner plate with the pork tenderloin drizzled with the pan juices that Pete deglazed earlier, and a side of soba noodles and vegetables.

And I'm going to serve this with a plate of soba noodles, with some nice vegetables, and we're going to serve it with some of these lovely pan juices with onions.

We see Pete preparing the plate and adding the pan juices and onion on top of the pork tenderloin. Then we go back to the view of the completed dinner plate.

The pan juices will keep everything nice and tender.

There's lots of meat here. So, leftovers are great on a pizza, wrap, salad, or sandwich. I hope you enjoyed this and feel a bit more confident to try this or other new cooking techniques.

Eat well. Live well.

The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with food-guide.canada.ca below it. An acknowledgement logo for Food Literacy for Life, foodliteracy.ca, appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework from foodliteracy.ca appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'
