

## Let's Talk Food Literacy

### Pork Tenderloin

Makes 4 servings

#### Ingredients

##### Protein Foods:

- 1 pork tenderloin

##### Other:

- 1 Tbsp vegetable or olive oil
- Salt and pepper to taste
- 1 large onion
- 1 cup beef stock or water
- Tinfoil

#### Directions

1. Turn oven on to 350°F.
2. Identify the grain of the pork. With a sharp knife, remove connective tissue (elastin and silverskin).
3. Season pork with salt and pepper.
4. Spread 1 Tbsp of oil on bottom of roasting pan. Put pan on stove. Turn heat to HIGH. Sear pork on all sides.
5. Wash, peel and chop onion. Place on bottom of the pan. Rest pork on top.
6. Put pan into oven for about 25 minutes. Insert a clean, calibrated thermometer. Pork is ready when it reaches 71°C (or 160°F).
7. Put cooked pork on a clean plate. Partially cover with tinfoil. Wait 5 minutes. This lets the juices spread through the meat so that it is not dry.
8. "Deglaze" the pan: Put pan on stove. Turn heat to MEDIUM. Add 1 cup stock or water. With a wooden spoon, scrape caramelization off the pan. This liquid is "pan jus". *Optional: strain pan jus with sieve.*
9. Slice pork against the grain (opposite way the fibers run). This helps avoid chewy meat.
10. Pour pan jus over the pork. Serve with vegetables and a grain.

**Watch the how-to video!** [youtu.be/-luc40hBh2k](https://youtu.be/-luc40hBh2k)



*Pork tenderloin with soba noodle salad*

#### Tips and Tricks:

- ➔ **Wash hands** with soap and water before, during and after preparing food.
- ➔ **Store raw meat in sealed containers** on the bottom shelf of the fridge. This prevents raw juices dripping on other food.
- ➔ **Use a *calibrated* thermometer** to see if meat is cooked to the right temperature. Don't let the thermometer touch bone!
- ➔ *How do I calibrate?* Fill cup with ice and water.
- ➔ Put thermometer into cup. Adjust the dial to read 0° (32°F).
- ➔ **Store leftovers** in fridge for up to 4 days. Freeze up to 1 year.