



HERBED ROAST PORK TENDERLOIN

makes 6 servings | prep: 15 minutes | cook: 20 minutes

In Italy, pork loin is the usual choice for roasting, but pigs there haven't been bred to be super lean, as many of ours have. Unless you can get an old-fashioned pork loin with a substantial amount of fat, you'll get moister, juicier results from pork tenderloins. They cook more quickly, too.

—Toni Lydecker

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INGREDIENTS

Leaves from 1 large sprig rosemary
 Leaves from 1 large sprig sage
 1 large clove garlic
 1 teaspoon fennel seed
 1 strip lemon zest (peeled with a vegetable peeler)
 Sea salt or kosher salt
 Freshly ground black pepper
 2 pork tenderloins (about 2 1/2 pounds total),
 at room temperature
 Extra-virgin olive oil
 1/2 cup white or red wine
 Serve with Parsnip purée or roasted potatoes

PREPARATION

1. Preheat the oven to 350°F. Combine the rosemary and sage leaves, garlic, fennel seed, and lemon zest on a cutting board. Chop until very fine (alternatively, chop in a mini food processor.) Transfer the seasoning blend to a small bowl. Stir in 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. Cut lengthwise down the center of 1 tenderloin, stopping about 1 inch short of the other side. Open and flatten it like a book. Repeat with the other tenderloin. Rub the seasoning blend over the surface (facing up). Close each tenderloin and tie with butcher's string (alternatively, use small metal skewers to secure). Lightly sprinkle the outside with salt and pepper. (The tenderloins can be covered and refrigerated for up to 12 hours at this point.)
3. Heat a large skillet over medium-high heat, adding enough olive oil to coat the bottom (about 2 tablespoons). Sear the tenderloins, turning with tongs, until browned on all sides. Transfer them to a roasting pan. Roast to an internal temperature of 135°F, or until the tenderloins are cooked but still slightly pink on the inside, about 15 minutes.
4. Transfer the tenderloins to a cutting board and allow them to rest for 5 minutes. Meanwhile, add the wine and 1/2 cup water to the hot roasting pan, scraping up any savory browned bits. Reheat briefly in the oven. Cut the tenderloins into thick slices, arrange on plates, and drizzle the cooking juices over them. Serve with the parsnip purée or roasted potatoes.



Dara O'Brien

Variation: Instead of serving the parsnip purée with the roast pork, drizzle half of the deglazed cooking juices over the sliced tenderloin and keep warm. Add 3 cups cooked white beans with some of the cooking liquid to the juices that remain in the roasting pan. Stir to coat well and heat in the oven; serve alongside the roast pork.