

## **PORK TENDERLOINS RECIPES AND RUBS**

For a basic roasted pork tenderloin 1 to ¼ pounds, preheat the oven to 425 degrees and use a rub of choice and start by cooking tenderloin for 17 minutes. Use the meat thermometer and test. Take tenderloin out of oven at 145 and let rest covered for 3 additional minutes.

### **Roasted Double Pork Tenderloin stuffed with Prosciutto and Herbs with Mushroom Pan Sauce**

2 pork tenderloins (1 to 1 ¼ pounds each)  
4 thin slices prosciutto  
½ Cup fresh bread crumbs moistened according to directions  
1 teaspoon chopped fresh thyme  
1 teaspoon chopped fresh rosemary  
Freshly ground pepper  
1 T. Olive oil  
Kosher salt  
Freshly ground pepper  
½ teaspoon chopped fresh thyme  
½ teaspoon chopped fresh rosemary

Preheat oven to 425. Butterfly 2 tenderloins. Lay the two tenderloins parallel to each other with the thin end of one next to the thick end of the other. Lightly press on tenderloins with hand to flatten a bit. Make Stuffing: Cut the prosciutto slices into strips as wide as the pork and lay the strips over the tenderloin. In a bowl, combine the moistened bread crumbs, thyme rosemary, pepper and olive oil, spread evenly over the prosciutto. Place the other tenderloin on top and tie the two together at 2 inch intervals with butcher's twine. Sprinkle the roast with salt, pepper, thyme and rosemary. Place in oven and cook for 18 minutes or until temperature is 145 degrees. Remove from oven and let rest, covered, for 3 minutes.

#### **Make the sauce:**

½ pound sliced mushrooms  
1 ½ teaspoons minced fresh garlic  
1 Can (14 oz) chicken broth  
1 T. flour  
Salt, pepper, parsley for garnish  
Saute the mushrooms in 1 T. of olive oil for about 2 minutes or until they start to turn color. Add the garlic and sauté for another 30 sec. Mix 1 T. flour with chicken broth and bring to a boil. Reduce heat until the liquid begins to thicken. Season with salt and pepper. Remove twine from roast and cut into ¾ to 1 inch slices. Pour sauce over top and garnish with parsley.

### **Fruit ,Pecan and Rice Filled Tenderloin**

1 pork tenderloin (1 to 1 ¼ pounds)  
1 fuji apple diced  
½ Cup raisins or dried fruit of choice  
2 T. chopped pecans  
1 ½ Cups Apple Cider, additional apple juice for sauce  
½ Cup cooked brown rice  
Cinnamon  
Salt  
Sharp Cheddar Cheese grated

Place fruit and pecans in apple juice in small pan and simmer until fruit plump and pecans soften. Drain and reserve apple juice. Mix fruit, pecans, rice and apples together. Sprinkle with a dash of cinnamon and salt. Butterfly tenderloin and flatten. Spread filling on one side of tenderloin and roll up and tie with butcher's twine. Rub Applewood Rub (McCormick) over tenderloin. Let sit for 20 minutes to allow rub to soak into the meat. Cook at 425 for 18 minutes or until 145 degrees. Remove from oven and sprinkle with sharp cheddar cheese grated fine and let rest. Cover, being careful not to bump the cheese. Meanwhile thicken apple juice with flour and serve as a sauce if desired. Remove twine and slice as desired.

### **Tenderloin Medallion Roll Ups**

Cut a 1 inch medallion from the tenderloin and flatten to approximately 3x5 ovals. Use any filling or stuffing along with piece of prosciutto if desired. Roll and tie together with butcher twine and use desired rub on outside of medallion and bake at 425 for 13 minutes or until 145 degrees. Optional: Wrap a piece of bacon around the outside of roll up, then use a rub of choice and toothpick together instead of piece of prosciutto for a different flavor.

### **Midwestern Tenderloin Sandwich**

1 Tenderloin cut into  $\frac{3}{4}$  in to 1 inch medallions, flattened

1/2 c. yellow corn meal

1/2 tsp. black pepper

1 c. flour

1 tsp. salt

4 large sandwich buns

cooking oil for frying

assorted condiments (mustard, mayonnaise, dill pickle chips, ketchup, sliced onion, ketchup)

### **What to do:**

1. Cut 4 1-inch slices of pork. Trim any exterior fat from edges and butterfly each slice by cutting horizontally through the middle almost to the edge so that the halves are connected by only a thin piece of meat. Put each butterflied slice between pieces of plastic wrap. Using a wooden meat mallet, or the side of a cleaver, pound vigorously until the slice is about 10 in. across.

2. Mix together flour, cornmeal, salt and black pepper.

3. Heat 1/2 in. of oil in a deep, wide skillet to 365°F. Dip each slice of pork in water, then in flour mixture. Fry tenderloin, turning once, until golden brown on both sides, about 5 min. total. Drain on paper towels and season to taste with salt and pepper. Repeat for each pork slice.

4. Serve on buns with desired condiments (mustard, mayonnaise, dill pickle chips, ketchup, sliced onion, lettuce).

### **Seasoned Flour:**

$\frac{1}{2}$  Cup flour

1 tsp. Chef salt

### **Chef Salt:**

3 T. salt

$\frac{1}{2}$  T. paprika

$\frac{1}{2}$  tsp. black pepper

$\frac{1}{2}$  tsp. white pepper

$\frac{1}{2}$  tsp. garlic salt

$\frac{1}{2}$  tsp. onion salt

### **Basic Seasoning Salt:**

1 Cup coarse salt (kosher or sea)

$\frac{1}{4}$  Cup cracked black pepper

2 T. ground white pepper

1 T. cayenne pepper

1 T. sugar

Combine all in a bowl and mix. Transfer to a jar, cover and store away from the heat and light. Will keep for several months.

### **Fajita Rub**

$\frac{1}{4}$  C. Paprika

3 T. Coarse salt

2 T. pure chili powder

2 T. cracked black pepper

2 T. garlic powder

1  $\frac{1}{2}$  T. sugar

1 T. onion powder

1 T. dried cilantro

1  $\frac{1}{2}$  teaspoons ground cumin

$\frac{1}{2}$  teaspoon ground allspice

Combine all ingredients in a bowl and mix with a fork. Transfer to a jar, cover, and store away from heat and light. The rub will keep for several months. Makes 1 Cup

### **Variation:**

To make a wet rub, add 3 T. Worcestershire sauce and 3 T. olive oil to the rub and stir to make a thick paste. Spread this mixture on the meat and marinate in the refrigerator for 1 hour before grilling.

I like to rub this on a tenderloin, cook at 425 for 17-20 minutes and slice very thin. Be SURE to use your thermometer and take meat out of oven at 145 degrees, let sit for 3 min and slice. IT IS DELICIOUS.

### **Basic BBQ Rub:**

- ¼ Cup coarse salt (kosher or sea)
- ¼ C. packed dark brown sugar
- ¼ Cup Paprika
- 3 T. freshly ground black pepper
- 1 T. garlic powder
- 1 T. dried onion flakes
- ½ to 1 t. cayenne pepper
- ½ t. celery seeds.

Combine all ingredients and stir to mix. Transfer to a jar, cover and store away from heat and light. The rub will keep for several months.

### **Herbes De Provence:**

The French aren't big on rubs but there's one seasoning they'd never dream of going without. Herbs de Provence. A blend of rosemary, thyme, basil, oregano and sage and other spices are delicious when used on pork:

- ¼ C. dried basil
- ¼ C. dried Rosemary
- 2 T. dried oregano
- 2 T. dried summer savory
- 2 T. dried thyme
- 2 t. dried lavender
- 2 bay leaves, finely crumbled
- 1t. freshly ground white pepper
- 1 t. ground coriander
- 1/8 t. ground cloves

Combine all the ingredients in a bowl and mix with your fingers, crumbling any large rosemary leaves. Transfer to a jar, cover and store away from light and heat. Will keep for several months.

### **Dry Tuscan Rosemary Rub:**

You could substitute chopped fresh rosemary for the dry.

- ¼ C. dried Rosemary
- 2T. dried oregano
- 1 T. dried crumbled sage
- 2 T. dried garlic flakes
- ¼ C coarse salt (kosher or sea)
- 2 T. cracked black pepper

Place the rosemary in a bowl and crumble the needle leaves between your fingers to break them into small pieces. Stir in the oregano, sage, garlic, salt and pepper. Transfer to a jar, cover and store away from heat and light. Will keep for several months. For touch of tartness, add ½ teaspoon grated lemon zest.

### **Fresh Tuscan Rosemary Wet Rub:**

- ¼ Cup fresh rosemary leaves
- ¼ Cup parsley leaves, rinsed and dried
- 2 T. fresh oregano leaves
- 4 fresh sage leaves
- 2 Cloves garlic, minced
- 2 T. cracked black pepper
- ½ C. olive oil

Using a knife, finely chop the rosemary, parsley, oregano, sage and garlic together. Transfer to a bowl and stir in the salt, pepper and oil. Or chop the herbs, garlic salt and pepper in a food processor, then work in the olive oil. This rub tastes best used the day it's made. Cover and refrigerate until using.

### **Good Things to Have on Hand:**

Meat Thermometer, oven thermometer, mortar and pestle, substitution book, rubber gloves

