

# PORK TENDERLOIN:

How to Cook Without Really Trying

POCKET GUIDE to PORK volume 1



pork

Be inspired™

**LOIN**  
TENDERLOIN

PORK CHOPS

ROASTS:  
loin roast  
rib roast (rack of pork)

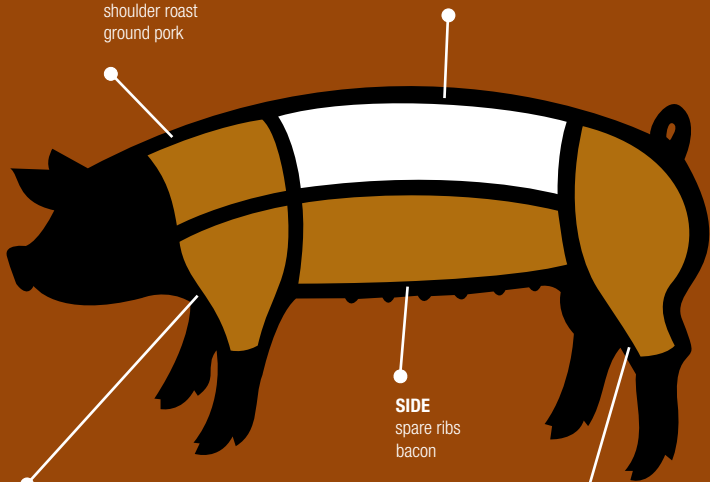
RIBS:  
back ribs  
country-style ribs

**BLADE**  
**BOSTON-STYLE**  
**SHOULDER**  
shoulder roast  
ground pork

**SIDE**  
spare ribs  
bacon

**ARM PICNIC**  
**SHOULDER**  
shoulder roast  
smoked hocks  
shanks

**LEG**  
cured ham  
fresh leg



## Chances are your mother didn't teach you how to cook her famous dish; heck, she might not have even shown you how to turn on the oven.

Or, maybe she did and you weren't paying attention. Help has arrived! Here, we'll help clear up some cooking confusion, and take you through pork cooking basics, tips and recipes.



**FIRST, BE AWARE:** What does your family want to eat? Faking food allergies, passing Fido unwanted scraps, spitting directly into the napkin—these are all signs your family is not enjoying their meal. Cue the pork tenderloin—a lean, mean family-favorite that should (and will) be gracing your dinner table.

**SECOND, PREPARE YOURSELF:** Slip this guide into your purse or pocket for the next grocery run and keep it handy in the kitchen. In the event of a culinary emergency or if you're just lacking inspiration, as long as you're preparing pork tenderloin for dinner, we've got you covered.



For backup, log on to **PorkBeInspired.com** for even more recipes and pork guidance. Come on, have fun and start cooking!

# How to Survive Preparing Pork

The pork tenderloin's new lean profile makes it a popular choice for mealtime, and it's a cinch to prepare. Whether you're a rookie or a self-proclaimed foodie, these basic tips will help you create a dish without burning the house down. Follow these simple steps to achieve success.

**1] START WITH A RECIPE**—Preparing pork tenderloin is a cinch, but until you've honed your skills use a recipe to guide you. Try the recipes provided in this booklet first—they're simple, require few ingredients and taste delicious. Then, move on to [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com) for more tasty pork dishes.

**2] CHOOSE YOUR PORK**—Head to the grocery store and look in the meat case. You'll see pork tenderloin comes in a variety of options:

- a single-wrapped tenderloin
- two tenderloins in a single-wrapped package
- premarinated single-wrapped tenderloin

Typically, a single pork tenderloin weighs between  $\frac{3}{4}$  and  $1\frac{1}{2}$  pounds. Sometimes you can find them already marinated. Read the labels on the package to help you decipher what's what, but if you're still confused, just ask the butcher or the folks behind the meat case — they're prepared to handle such situations.

## SAFETY ITEMS

Keep the following items close to help prevent injury.

1. FIRE EXTINGUISHER



2. SMOKE ALARM



3. PHONE



4. OVEN MITT



**3] UNWRAP IT**—Pork tenderloin is packaged tightly in a clear plastic wrap that you will need to remove before cooking it. Do not attempt to ingest the wrapping; it is not edible and could result in a trip to the hospital.

**4] CUT IT**—If you purchase one long whole pork tenderloin and your recipe calls for cutlets or medallions don't worry, you have the right meat. It just needs to be cut into pieces. Typically these pieces should be between ½ inch to 1 inch thick.

**5] RUB IT**—As a rule of thumb, when preparing pork tenderloin you can easily add flavor with a rub, marinade or sauce. The rub (dry spices) will require getting your hands dirty. Roll up your sleeves and stick those paws under a faucet. If you are confused about what a rub, marinade or sauce is, then flip back to our glossary (inside back cover).

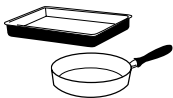
**6] COOK IT**—There are many ways to cook pork tenderloin such as grilling, roasting, baking, broiling and sautéing. Switch it up and try these different methods depending on how much time you want to spend—roasting a tenderloin takes about 20 minutes per pound, but broiling or sauteing only takes about 7 minutes.

## MUST-HAVES

### 1. TENDERLOIN CUT



### 2. PAN/BAKING SHEET



### 3. MEAT THERMOMETER



### 4. SPICES



### 5. OVEN/RANGE



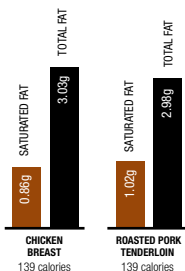
**7] CHECK THE TEMPERATURE**—Maybe you've had pork that was cooked until it looked like a charred hockey puck. Don't do that. The easiest way to tell if your pork tenderloin is done is by checking the internal temperature—for medium-rare doneness it should be 145 degrees F with a three-minute rest time, and a little pink inside. Invest in a digital or instant-read thermometer. They work like a charm and only cost a few bucks so splurge—you will appreciate your thoughtfulness later.

**8] COOL YOUR JETS AND LET IT REST**—Turn off the oven/grill/range once the tenderloin has reached medium-doneness. Use oven mitts or cooking pads to protect your hands when handling hot utensils and cooking vehicles. Now, take five! This time-out lets the meat's juices redistribute and gives you time to congratulate yourself on a job well done. Then, simply transfer your meat onto your serving platter using tongs, a spatula or fork.

**9] GET SAUCY**—A pork tenderloin prepared well is a beautiful thing all by itself. You may wish to top it off with additional sauce, chutney or salsa to give it a final burst of flavor. Keep the leftover sauce in a serving bowl on the table in case your family wants to drizzle on more as they eat.

DEFENSIVE  
EATING  
—  
FENDING OFF FAT

Did you know that pork tenderloin meets the USDA's "extra lean" guideline with less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol per serving? That means pork tenderloin is just as lean as the leanest type of chicken – a skinless chicken breast.

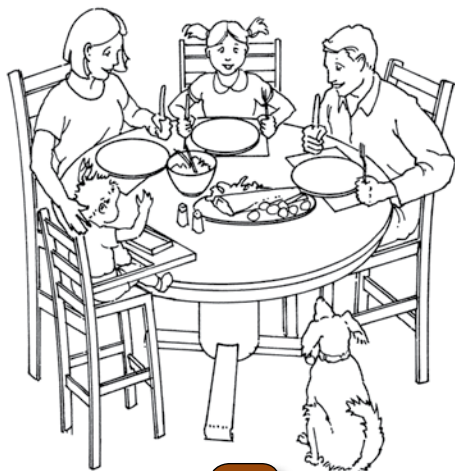


**A SURVEY\*** on attitudes toward lean sources of protein reveals that although nearly 80% of Americans think of pork as a lean source of protein, 7 out of 10 (71%) said they would consume more pork if they knew pork aids in weight loss.

\*Survey of 1,000 adults conducted by Opinion Research Corporation's Caravan Services, March 8, 2007, on behalf of The National Pork Board.

# How to Save Your Family from Starving

Now that you've made it this far, you're ready to hit the kitchen! Your family's tummy-grumbings have probably reached a loud roar by now, so go ahead and take your pick from the five mouth-watering recipes featured in this guide. Start with **Bacon-Wrapped Pork Medallions with Garlic-Mustard Butter**, then deliciously make your way to **Grilled Thai Tenderloin Cutlets**, **Apricot-Dijon Pork Salad** and **Pork Tenderloin Diane**. You'll know you've become a pork tenderloin master once you serve **Herb-Crusted Stuffed Pork Medallions with Sweet Potatoes**. Don't be put off by the amazing photos; these are dummy-proof easy dishes with basic ingredients for the culinarily-challenged. We wish you all the best on your journey from basic to savvy home cook.



## HOW TO USE A MEAT THERMOMETER

Simply insert a digital or instant-read thermometer into the thickest part of the meat without touching bone. The temperature should register within a few seconds. Remember, the magic number for juicy pork tenderloin is 145° F. with a three-minute rest time.



**Bacon-Wrapped Pork Medallions  
with Garlic-Mustard Butter**



## Bacon-Wrapped Pork Medallions with Garlic-Mustard Butter\*

Cut tenderloin in eight slices (medallions) approximately 1 to 1¼ inches wide. Place two medallions together and wrap bacon slice around both pieces to hold together to make pork “mignons.” Secure with wooden pick.

Repeat with remaining pork medallions and bacon. Season both sides with salt and pepper and spray lightly with cooking spray. Broil or grill per directions below. Remove wooden pick; serve with **Garlic-Mustard Butter**.\* *Serves 4.*

**DIRECTIONS FOR BROILING:** Pre-heat broiler to 500°. Broil pork mignons about 4-inches from heat source for 4-5 minutes per side or until internal temperature reaches 145° F., followed by a 3-minute rest time.

**DIRECTIONS FOR PAN-BROILING:** Heat skillet or grill pan over high heat; add pork mignons. Lower heat to medium-high; cook (uncovered) for 4 minutes or until nicely browned. Turn; cook an additional 4-5 minutes or until internal temperature reached 145° F., followed by a 3-minute rest time.

**DIRECTIONS FOR GRILLING:** Pre-heat grill to 400°. Place pork mignons directly over high heat. Close grill lid; grill for 4-5 minutes per side or until internal temperature reaches 145° F., followed by a 3-minute rest time.

### NUTRITION FACTS

Calories: 352; Protein: 30 g; Fat: 25 g; Sodium: 474 mg; Fiber: 0 g;  
Cholesterol: 120 mg; Saturated Fat: 12 g; Carbohydrates: 1 g

### INGREDIENTS

1 pork tenderloin  
(1 to 1¼ pounds)

4 slices bacon  
(hickory-smoked)

Wooden picks

Salt and pepper

\* recipe inside  
back cover

**HOW TO MARINATE** Pour the marinade ingredients into a resealable plastic bag or covered container, add the pork, evenly coat it with the marinade and refrigerate for 30 minutes to 12 hours. Don't be foolishly greedy—discard the leftover marinade.



## Grilled Thai Tenderloin Cutlets



## Grilled Thai Tenderloin Cutlets

### COOKING DIRECTIONS

Cut tenderloins crosswise into 1-inch pieces; flatten with heel of hand to about  $\frac{1}{8}$ -inch thickness and place in shallow pan. Combine remaining ingredients and pour over pork cutlets; cover and refrigerate for up to 4 hours. Remove pork from marinade (discard remaining marinade) and grill over medium-hot coals just until nicely browned, about 2 to 3 minutes per side. Serve on sandwich buns if desired. *Serves 10.*

### NUTRITION FACTS

Calories: 132; Protein: 20 g; Fat: 4 g; Sodium: 649 mg; Fiber: 0 g; Cholesterol: 60 mg; Saturated Fat: 1 g; Carbohydrates: 3 g

### INGREDIENTS

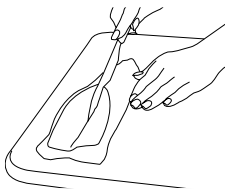
- 2 whole pork tenderloins
- 2 Tbs. minced fresh garlic
- 2 Tbs. grated fresh ginger
- $\frac{1}{3}$  cup soy sauce
- 1 Tbs. garlic chili paste
- 2 Tbs. minced fresh mint
- Sandwich buns (optional)

## Cooking Basics

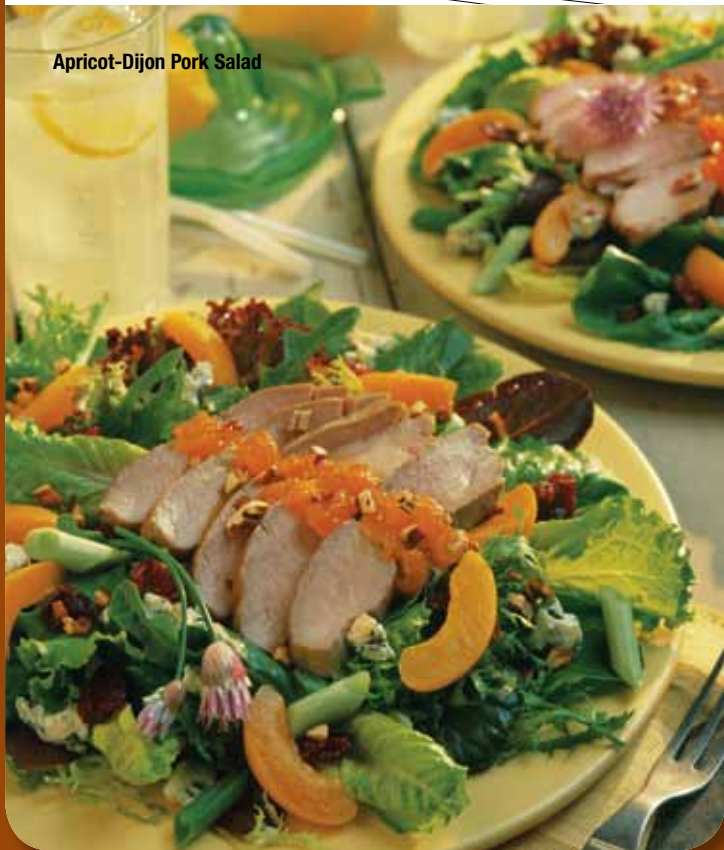
	APPROX. THICKNESS/WEIGHT	COOKING TIME
<b>ROASTING</b> in an uncovered, shallow pan at 425°- 450° F	1 - 1½ lbs. tenderloin	20-30 minutes
<b>BROILING</b> 4 in. from heat <b>GRILLING</b> over direct heat	1 - 1½ lbs. tenderloin	15-25 minutes
<b>SAUTÉING</b> with a small amount of oil over medium-high heat in an uncovered pan	$\frac{1}{4}$ - $\frac{1}{2}$ inch medallions	4-8 minutes
<b>BRAISING</b> with a small amount of liquid over low heat in a tightly covered pan	$\frac{1}{2}$ - $\frac{3}{4}$ inch medallions	8-10 minutes

Pork should be cooked to 145° F, followed by a 3-minute rest time, a temperature at which it will be slightly pink on the inside.

**HOW TO BUTTERFLY** Insert a sharp paring or boning knife into the meat, carefully cut evenly down the length of the meat, but not completely through to the opposite side, leaving the uncut edge as a "hinge." When the meat is open, it resembles the wings of a butterfly. A sure way to help pork fly from the plate to the tummy!



## Apricot-Dijon Pork Salad



## Apricot-Dijon Pork Salad

### COOKING DIRECTIONS

In small bowl stir together preserves, vinegar, mustard and ginger. Reserve 3/4 cup for salad dressing.

Butterfly pork tenderloin (cut almost in half, but not quite through, horizontally; open and lay flat. Prepare medium-hot fire in kettle-style grill. Grill tenderloin over heat 5-6 minutes per side; brushing with remaining apricot mixture during last 2 minutes on each side until internal temperature on a thermometer reads 145° F. Remove tenderloin to cutting board and let rest for 3 minutes.

Meanwhile in large bowl toss together greens, apricots, cherries, cheese, pecans and onions. Divide mixture evenly among 4 plates. Slice pork into 1/2-inch pieces. Arrange portions of pork on top of greens on each plate; drizzle with reserved apricot mixture. *Serves 4.*

\*To toast pecans, place pecan halves in shallow baking pan in a 350° F oven for about 10 minutes. Let cool, chop coarsely.

### NUTRITION FACTS

Calories: 132; Protein: 20 g; Fat: 4 g; Sodium: 649 mg; Fiber: 0 g; Cholesterol: 60 mg; Saturated Fat: 1 g; Carbohydrates: 3 g

### INGREDIENTS

- 1 whole pork tenderloin, 1 pound
- 1 cup apricot preserves
- ¼ cup white wine vinegar
- 2 Tbs. Dijon-style mustard
- 1 tsp. ground ginger
- 1 10-oz. package mixed salad greens
- 1 15-oz. can apricot halves, drained and sliced
- ½ cup dried tart cherries
- 4 oz. Provolone cheese, cut into ½-inch cubes
- 8 green onions, sliced
- ¼ cup toasted pecan pieces\*

**HOW TO FLATTEN WITH THE  
HEEL OF YOUR HAND** Place pork pieces on  
a cutting board and apply light pressure with the heel of your  
hand, pushing down gently until the meat is slightly flattened to  
the desired thickness. Easy does it...flatten don't pulverize!



**Pork Tenderloin Diane**

## Pork Tenderloin Diane

### COOKING DIRECTIONS

Place each piece of tenderloin between 2 pieces of plastic wrap. Flatten slightly with heel of hand.

Sprinkle surfaces of pork with lemon pepper. Heat butter in heavy nonstick skillet; brown pork evenly, about 3-4 minutes on each side. Remove to serving platter, keep warm.

Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, stirring with pan juices, until heated through. Pour sauce over medallions, sprinkle with parsley and serve. *Serves 4.*

### NUTRITION FACTS

Calories: 191; Protein: 25 g; Fat: 8 g; Sodium: 380 mg; Fiber: 0 g;  
Cholesterol: 85 mg; Saturated Fat: 4 g; Carbohydrates: 6 g

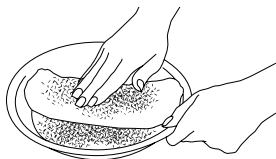
### INGREDIENTS

- 1 whole pork tenderloin, cut into 8 crosswise pieces
- 2 tsp. lemon pepper
- 1 Tbs. butter
- 1 Tbs. lemon juice
- 1 Tbs. Worcestershire sauce
- 1 tsp. Dijon-style mustard
- 1 Tbs. minced parsley

## Storage Basics

One final tidbit as you lick the plate following that great pork tenderloin dish you mastered, if there are any leftovers lingering, be sure to store them properly. Leftovers should be covered or wrapped and placed in the refrigerator within 1 to 2 hours of serving. Put them in the coldest part of the refrigerator for up to 4 or 5 days. If you are silly enough to not enjoy them by then, pitch the leftovers!

**HOW TO APPLY A RUB** This isn't brain surgery: just rub the rub into the pork's surface. Get it? For those who don't want to get their hands dirty, you can use a resealable bag and apply the rub as you would a marinade.



**Herb-Crusted Stuffed Pork Medallions  
with Sweet Potatoes**



## Herb-Crusted Stuffed Pork Medallions with Sweet Potatoes

Remove half of prepared stuffing and save for another use. Stir diced apple and scallions into remaining stuffing, set aside.

Combine 2 teaspoons of the garlic,  $\frac{1}{4}$  cup snipped herbs, salt and pepper in a shallow dish such as a pie plate.

Cut tenderloin pieces  $\frac{3}{4}$  of the way through to form a "pocket." Open the slices and press slightly with the palm of your hand to approx.  $\frac{3}{4}$ -inch-thick "butterfly"-shaped medallions. Press outside of each pork piece into garlic-herb mixture.

Place a packed  $\frac{1}{4}$  cup of stuffing mixture onto one side of each of the pork pieces and fold top piece over the filling. Cook potato wedges, tossed in remaining garlic, in a microwave-safe dish, in the microwave on full power for 8 minutes, stirring twice (potatoes will still be somewhat firm). Place stuffed medallions down the center of a 9x13 baking pan. Fill in around the edges with sweet potato wedges. Drizzle  $\frac{1}{2}$  of the **Ginger-Soy Glaze\*** over pork and potatoes; roast uncovered in a 425-degree F oven. Drizzle the pork and potatoes with remaining glaze halfway through cooking. Roast for 45 minutes or until the pork's internal temperature registers 145° F on a meat thermometer following a three-minute rest time, and potatoes are tender. Let rest for 5 minutes; spoon glaze and juices over pork and potatoes and serve. *Serves 6.*

### NUTRITION FACTS

Calories: 415; Protein: 28 g; Fat: 10 g; Sodium: 920 mg; Fiber: 6 g;  
Cholesterol: 89 mg; Saturated Fat: 5 g; Carbohydrates: 52 g

### INGREDIENTS

- 1  $\frac{1}{2}$  pounds pork tenderloin, trimmed and cut crosswise into 2-inch-thick pieces
- 2 pounds sweet potatoes or yams cut into approx. 1-inch-thick wedges
- 1 6-oz. box corn bread stuffing mix, prepared according to package directions
- 1 red apple, diced
- $\frac{1}{3}$  cup scallions (green onions) chopped
- 4 tsp. bottled chopped garlic
- $\frac{1}{4}$  cup lemon thyme, basil and/or Italian parsley, snipped
- $\frac{1}{2}$  tsp. coarse salt (such as kosher or sea salt)
- 1 tsp. peppercorns, freshly ground

\* recipe inside back cover

# Tenderloin Glossary

**BROILING**—A dry-heat method of cooking by placing pork on a preheated broiler pan so it is 3 to 5 inches from the heat source, and browning on both sides.

**BUTTERFLY**—A process of cutting boneless meat evenly to, but not through, the opposite edge, leaving the uncut edge as a “hinge.” When the meat is open, it resembles the wings of a butterfly.

**CUTLET**—A thin, boneless piece of pork cut from the loin. Thickness varies from  $\frac{1}{8}$  to  $\frac{1}{2}$  inch.

**GRILLING**—A method of cooking pork over direct heat on an electric, gas or charcoal grill.

**MARINADE**—A seasoned and/or acidic liquid used for marinating.

**MARINATE**—A process of soaking meat in a seasoned liquid to enhance its flavor.

**MEDALLION**—A term referring to a small round or oval boneless slice of meat.

**MEDIUM-RARE**—Pork is best when cooked to medium-rare—145° F on a meat thermometer with a three-minute rest time. Correctly cooked pork is juicy and tender, with a slight blush of pink in the center.

**PORK TENDERLOIN**—An elongated, tender muscle from the pork loin. Available whole as a tenderloin roast that can be sliced as tenderloin medallions and strips or pounded into cutlets.

**ROASTING**—A method of cooking pork in the oven in an uncovered pan, and without adding liquid to the pan.

**RUB**—A mixture of spices, herbs and sometimes salt that is used to season pork.

**SAUTÉING**—A method of preparing pork by cooking it over direct heat in a small amount of fat.



## Garlic-Mustard Butter

In a small bowl, stir together ingredients until well mixed. Wrap in waxed paper to shape like a stick of butter. Chill while pork is cooking. When ready to serve, cut into fourths and top each pork mignon before serving.

Serve with **Bacon-Wrapped Pork Medallions** on page 7.

### INGREDIENTS

¼ cup butter  
(½ stick), softened  
to room temperature

2 tsp. Dijon mustard

1 clove garlic, minced

## Ginger-Soy Glaze

### COOKING DIRECTIONS

To make the glaze, combine ½ cup apple cider, ¼ cup brown sugar, 2 tablespoons soy sauce, 2 tablespoons butter and ½ teaspoon grated fresh ginger (or ¼ teaspoon dried ground ginger) in a small saucepan. Bring to a boil, reduce heat and cook about 5 minutes until slightly thickened and reduced to about ½ cup.

Serve with **Herb-Crusted Stuffed Pork Medallions with Sweet Potatoes** on page 15.

### INGREDIENTS

½ cup apple cider

¼ cup brown sugar

2 Tbs. soy sauce

2 Tbs. butter

½ tsp. grated fresh ginger  
(or ¼ tsp. dried ground  
ginger)



**pork** Be inspired<sup>SM</sup>

For more pork cooking survival tips and recipes you can fix for dinner tonight, get cooking and clicking at [PorkBeInspired.com](http://PorkBeInspired.com).

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