



Let's Do This at Home!

Recipes and Inspiration That Make it Easier to Stay at Home

Edition # 27

Pork tenderloin is the ideal protein for a weeknight dinner - it's lean, versatile, and quick-cooking. We've collected four super doable recipes that are tasty enough you might be tempted to serve them to guests!

Roasted Pork Tenderloin with Raisin-Ginger Pan Sauce

One 1¼-pound pork tenderloin	1 tablespoon low-sodium soy sauce
2 teaspoons vegetable oil	3 tablespoons golden raisins
Salt and freshly ground pepper	½ teaspoon ground ginger
½ cup naturally sweetened apple juice	¼ teaspoon cornstarch dissolved in 1 teaspoon of water
½ cup low-sodium chicken broth	

Preheat the oven to 350°F. Coat the pork with the oil; season with salt and pepper. In a large, nonstick ovenproof skillet, cook the pork over moderately high heat until browned all over, 3 minutes per side. Transfer the skillet to the oven and roast for about 18 minutes, turning twice, until an instant-read thermometer inserted in the thickest part of the meat registers 140°F.

Transfer the pork to a carving board and let rest for 10 minutes. Add the apple juice, broth, soy sauce, raisins and ginger to the same skillet and bring to a boil. Cook until the liquid has reduced by half, 4 minutes. Stir in the cornstarch slurry and cook, stirring, until thick enough to coat a spoon, about 30 seconds; remove from the heat.

Carve the pork and arrange on plates. Stir any carving juices into the pan sauce. Spoon the sauce over the pork and serve. Makes 4 servings.

Pork Marbella

2 (1-pound) pork tenderloins	¼ cup red wine vinegar
2 teaspoon kosher salt	4 garlic cloves, peeled, smashed
1 cup dry white wine	1 tablespoon dried oregano
½ cup pitted prunes, torn in half	¼ cup plus 1 tablespoon extra-virgin olive oil
½ cup pitted green olives	1 tablespoon unsalted butter
⅓ cup packed brown sugar	¼ cup chopped parsley (optional)
¼ cup capers, plus 1 tablespoon caper brine	

Season pork with salt. Let sit 15 minutes. Meanwhile, mix wine, prunes, olives, brown sugar, capers and brine, vinegar, garlic, oregano, and ¼ cup oil in a medium bowl to combine; set sauce aside (or use it to marinate pork up to 12 hours).

Place a rack in center of oven; preheat to 325°F. Heat remaining 1 tablespoon oil in a large ovenproof skillet over medium-high. Cook pork, turning occasionally, until golden brown all over, 6–8 minutes.

Remove skillet from heat and let sit 1 minute so pan can cool down a bit. Pour reserved sauce over pork and give pan a few shakes. Transfer to oven and roast pork, basting with sauce halfway through, until an instant-read thermometer inserted into the thickest part of tenderloin registers 145°F, 22–26 minutes, depending on the thickness of the meat. Transfer pork to a cutting board and let rest 10 minutes.

Return pan to medium-high heat. Add butter to sauce and cook, swirling pan occasionally, until butter is melted and sauce is slightly reduced, 3–5 minutes. Stir in parsley if using.

Slice tenderloin crosswise against the grain. Transfer to a platter and spoon pan sauce over. Makes 4 to 6 servings.

Spice-Rubbed Pork Tenderloin with Mediterranean Grain Salad

2 small pork tenderloins (about 1½ pounds total)	3 cups cooked farro, rice, quinoa, or barley
1 teaspoon ground cumin	2 tablespoons fresh lemon juice
1 teaspoon light brown sugar	1 cup cucumber half moons
1¼ teaspoons freshly ground black pepper, divided	1 cup cherry tomatoes, halved
1¾ teaspoons kosher salt, divided	½ cup crumbled feta
4 tablespoons olive oil, divided	½ cup coarsely chopped herbs, such as dill, basil, parsley, and/or mint (optional)
1 cup dry white wine or low-sodium chicken broth	¼ cup pitted Kalamata olives, sliced in half lengthwise
4 tablespoons unsalted cold butter, cut into 8 pieces	
2 teaspoons fresh lemon juice (if using chicken broth)	
Kosher salt, freshly ground pepper	

Preheat oven to 375°F. Mix together cumin, brown sugar, 1 teaspoon pepper, and 1 teaspoon salt. Rub mixture all over pork.

Heat 2 tablespoons oil in a large, heavy, ovenproof skillet over medium-high. Sear pork, turning occasionally, until browned on all sides, about 7 minutes.

Transfer skillet to oven and roast, flipping pork halfway through, until an instant-read thermometer inserted into the thickest part of meat registers 140°F for medium/medium-rare, 10–12 minutes. Transfer pork to a cutting board, reserving skillet and let rest at least 5 minutes.

Meanwhile, drain excess fat from skillet and heat over medium. Pour in wine or broth, increase heat to high, and cook, scraping up browned bits, until reduced by half, about 5 minutes. Remove skillet from heat and add butter, one piece at a time, whisking to incorporate after each addition until emulsified. Stir in lemon juice if using; season with salt and pepper.

Toss grains with remaining 2 tablespoons oil, ¾ teaspoon salt, and ¼ teaspoon pepper in a large bowl. Fold in cucumbers, tomatoes, feta, herbs, and olives. Slice pork into medallions. Divide pork and salad among plates and serve sauce alongside. Makes 4 servings.

Roast Pork Tenderloin with Carrot Romesco

¼ cup pine nuts, almonds, or cashews	1 large pork tenderloin (about 1½ pounds)
1½ pounds small carrots, peeled, halved lengthwise if larger	1 small garlic clove, finely grated
5 tablespoons olive oil, divided	1 teaspoon Aleppo pepper or ½ teaspoons crushed red pepper flakes
Kosher salt	2 tablespoons red wine vinegar, divided
1 freshly ground black pepper	2 cups arugula or watercress

Preheat oven to 350°F. Toast nuts on a rimmed baking sheet, tossing occasionally, until golden brown, 8–10 minutes; let cool.

Increase temperature to 450°F. Toss carrots with 1 tablespoon oil on another rimmed baking sheet; season with salt and black pepper. Roast, tossing occasionally, until softened and browned, 15–20 minutes; let cool slightly.

Meanwhile, heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Season pork with salt and black pepper and cook, turning occasionally, until golden brown, 8–10 minutes. Transfer skillet to oven and roast pork until a thermometer inserted into thickest portion registers 140°F, about 10 minutes. Let rest 5 minutes before slicing.

Pulse nuts, garlic, and remaining 3 tablespoons oil in a food processor to a coarse paste. Add Aleppo pepper, one-fourth of carrots, 1 tablespoon vinegar, and 1 tablespoon water. Process, adding more water as needed, to a coarse purée; season sauce with salt, black pepper, and more vinegar, if desired.

Toss greens with remaining carrots and remaining 1 tablespoon vinegar in a large bowl; season with salt and black pepper. Serve pork with Romesco sauce and salad. Makes 4 servings.