

Pork Tenderloin with Lemon-Herb Pesto Rub and Sherry Sauce

From a cooking class at Great News, San Diego



LEMON HERB PESTO

3 cloves garlic, peeled

1/4 cup onion, chopped

1/4 cup lemon zest

1/2 cup Italian parsley

1 tablespoon fresh basil, chopped

1/2 cup olive oil

PORK:

2 pounds pork tenderloin, two strips

2 tablespoons olive oil

SHERRY SAUCE:

1/2 cup chicken broth

1 1/2 cups dry sherry

Servings: 7

1. Trim pork of all fat and silverskin, wash and pat dry. With the food processor running, drop the garlic cloves and process until minced. Add the onion, lemon zest, parsley and basil. Pulse to chop. With machine running, add the 1/2 cup of olive oil and form a paste. Spread pesto on the pork tenderloins.
2. Preheat oven to 400. Heat a large skillet over medium heat. Add the 2 T. olive oil and then the pork. Cook, turning several times to brown all sides, about 6 minutes. Transfer the pork to a parchment (or Silpat) lined baking sheet and roast for 20 minutes or until the internal temperature reaches 150 degrees. Remove pan from oven and allow to sit, lightly tented with foil, for 5 minutes, then slice on a kind of diagonal cut and serve immediately.
3. While pork is baking, pour off fat from frying pan and add chicken broth and sherry to the pan. Bring to a boil and continue simmering, scraping up any brown bits, and reduce sauce by 50%. Serve sauce with pork.

Per Serving (excluding unknown items): 396 Calories; 24g Fat (63.8% calories from fat); 28g Protein; 3g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 127mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>