IP Garlicky Fresh Herb Rubbed Pork Tenderloin

Cooking class at Bloomingdale's, South Coast Plaza, 11/19 (Sandra Hauser)



1 1/2 pounds pork tenderloin
1 tablespoon EVOO, for pork
2 tablespoons EVOO, for searing
1 1/4 cups low-sodium chicken broth
2 sprigs fresh rosemary
3 sprigs fresh thyme
HERB RUB:
1 large garlic clove, finely chopped (or more to taste)
1 teaspoon kosher salt
1 tablespoon Italian parsley, fresh, chopped
1 tablespoon fresh rosemary, minced
1 tablespoon fresh thyme, minced
1/2 teaspoon onion powder
1 teaspoon sweet paprika
1/2 teaspoon garlic powder
1/2 teaspoon freshly ground black pepper
GARNISH:
2 tablespoons Italian parsley, minced

Per Serving (excluding unknown items): 417 Calories; 23g Fat (47.4% calories from fat); 53g Protein; 3g Carbohydrate; 1g Dietary Fiber; 148mg Cholesterol; 760mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 3

NOTE: You may use dried herbs in this - use a teaspoon dried in place of a tablespoon fresh.
1. DRY RUB: Combine all ingredients and set aside.
2. Remove any silverskin from the pork tenderloin. Rub the small amount of EVOO on the pork, then gently pat the dry rub on all surfaces.
3. Heat IP on saute function and add the remaining EVOO, then add the pork and brown on all sides, about 2 minutes per side. No more than that, or the pork wll begin to cook through.
4. Add the chicken broth to the pot along with the sprigs of rosemary and thyme. Close and lock lid and set IP to manual cook for ONE MINUTE. Yes, one minute. As soon as the one minute sound occurs, start a timer for 10 minutes. If the pork tenderloin is about a pound, you'll want to let the IP sit for 10 minutes (meanwhile, the pork will continue to cook at pressure, but in off position). If the tenderloin is closer to 1-1/2 pounds, set timer for 12 minutes. Quick-release pressure at appropriate time, use instant read thermometer inserted into the middle of the thickest part of the meat, looking for 140°F. You can replace lid and bring back to pressure for another 2-3 minutes and read temperature again. Don't overcook the meat or it will dry out.
5. Remove pork to a heated platter and tent with foil for 5 minutes.
6. Turn IP to saute and reduce the pan juices by about half, about 3-4 minutes.
7. Slice tenderloin on the diagonal and pour pan juices over the top. Garnish with Italian parsley.