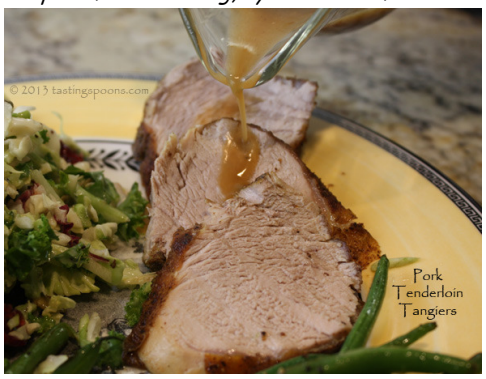
Pork Tenderloin Tangiers

Adapted from Roasting, by Barbara Kafka



1 pound pork tenderloin

1/4 teaspoon turmeric

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cardamom

1/4 teaspoon smoked pepper (Schilling)

1/2 teaspoon Kosher salt

1 tablespoon olive oil

2 tablespoons Italian parsley, chopped (for garnish)

SAUCE:

1/2 cup white wine

1/2 cup pork stock, or water, or chicken broth

1 1/2 tablespoons unsalted butter

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

Servings: 3

1. Remove silverskin from pork tenderloin. Preheat oven to 500°F.
2. Combine turmeric, cinnamon, cardamom, pepper and salt in a small bowl and mix thoroughly. Sprinkle the spices all over (all sides) of the pork. Pour half the olive oil into your palm and gently smear it all over the pork. Repeat with remaining oil. Don't rub, just gently spread the oil all over. Place the tenderloin into a shallow roasting pan with low sides (that's just slightly bigger than the roast), tucking the thin end under by an inch or two.
3. Roast tenderloin for 10 minutes, turn the roast over and continue roasting (about 5-10 minutes, depending on your oven and the thickness of the pork) until it reaches an internal temperature of 145°F.
4. Remove pan and place on your stovetop. Remove pork to a heated platter and tent loosely with foil.
5. SAUCE: In a measuring cup combine the wine and broth. The pan will be intensely hot - turn on vent and slowly add the liquid. It will steam and boil. Do NOT touch the pan. Turn on the heat under the pan and simmer the liquid, scraping up any browned bits from the pork. Simmer until the liquid has reduced by half. Taste for seasonings (salt and pepper?). Turn off the heat and allow mixture to stop boiling. Add half the butter and gently stir until it's melted, then add the remaining butter. Pour into a pitcher to serve.
6. Slice the pork across the grain and on the diagonal (to get larger slices) and drizzle the sauce on top. Add some minced Italian parsley if desired.

Per Serving (excluding unknown items): 306 Calories; 15g Fat (51.2% calories from fat); 32g Protein; 1g Carbohydrate; trace Dietary Fiber; 114mg Cholesterol; 747mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 2 Fat.