



# *Raider Red Meats* **Herb Crusted Pork Tenderloin**

## **Ingredients**

**Raider Red Meats' Pork Tenderloin ( 2 to 3 lbs)**

**3 tsp salt**

**2 tbsp olive oil**

**4 cloves garlic (minced)**

**2 tsp basil (chopped)**

**2 tsp rosemary (chopped)**

## **Instructions**

Mix all ingredients in a bowl. Massage mixture onto pork loin. Allow to sit for overnight. Place pork loin in a covered pan. Roast at 475 degrees for 30 minutes then reduce heat to 425 for 1 hour. Allow pork to rest for 10 minutes before slicing.

Serve with scalloped potatoes and garlic green beans.

*The Pork Tenderloin* is perfect for slow cooking in the oven, broiling, grilling over hot coals, or barbecuing over low heat. The tenderloin is a juicy cut of meat, very lean and lends itself well to seasoning. As the tenderloin is low in fat, this cut of pork is considered very healthy, rivaling the chicken breast as one of the leanest meats available. The tenderloin can be marinated, rubbed and seasoned generously as the meat has less flavor on its own than fattier cuts. The loin can be cut into individual medallions and prepared like a great steak, whether pan-seared, pan roasted, broiled or grilled. Its exceptional taste and tenderness and is the most flexible cut on the carcass. It is best prepared with any dry heat cooking method including roasting, grilling, sautéing and smoking. The tenderloin is also a great cut for poaching. When purchasing the tenderloin, remember to consider final yield instead of price-per-pound. Cuts costing more per pound may actually be better buys once you account for labor and lost fat-weight.