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## **Pork Loin Roast in the Oven or Herb Crusted Pork Tenderloins on the Grill:**

### **For Pork Loin Roast:**

DAY BEFORE MEAL. Prepare a 3.5 to 5 pound "Half Loin, Pork Loin Roast" by carefully removing the white fascia sheath from the meat.

Lay the loin on a pan. Drizzle Extra Virgin Olive Oil on the meat and brush to cover evenly. Sprinkle Mike's Gourmet Herbs Meat Rub & Marinade over the oiled meat giving it a light, even coating with no gaps.

Wrap loins separately in aluminum foil and place in the fridge over-night.

DAY OF MEAL. See our [Sunday Dinner](#) recipe for cooking details.

### **For Herb Crusted Pork Tenderloins:**

DAY BEFORE MEAL. Remove from wrapper and drain blood-juice from meat. Separate and lay the two pieces on a pan. Use a cotton string or wood tooth pick to fold thin "tail" of the loin up on the thicker area to create the same thickness as is on the "head" of the loin (this keeps the tail from drying out or charring).

Drizzle Extra Virgin Olive Oil on the meat and brush to cover evenly.

For fullest flavor, pour an even layer of Mike's Gourmet Herbs Meat Rub & Marinade into a separate baking pan and roll the meat in it, covering the meat with a solid coat of the mix.

Or, to reduce the intensity of the herbs and spices, sprinkle Mike's Gourmet Herbs Meat Rub & Marinade over the oiled meat giving it a light, even coating with no gaps. Wrap loins separately in aluminum foil and place in the fridge over-night.

DAY OF MEAL. Prepare the grill one hour prior to mealtime. If you use a multiple burner grill, use as many as needed to provide flame fully across tenderloin length laid left-to-right on the grill, in the center top-to-bottom; i.e., if 3 burners, use all three; if 5 burner, use center three. Heat grill to 300° to 350° range.

Grill the tenderloins getting an even "sear" to the meat and herbs (turning frequently; we turn them every 7 minutes).

When the loin has browned, occasionally use a grill tong to lift the loin by grasping its center mass. If the loin sags on either end it is rare to medium rare in its center (still pink). If it doesn't sag, it is medium to well done. It's okay to slice its center or thickest end to determine if it is as you want it prepared. We like ours slightly pink to light gray, and very moist.

Unless you like well done meat, don't cook the moisture out. The juices carry the meat rub's flavor throughout the entrée.

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Here is a simple but elegant presentation.

Place cooked meat on a cutting board and slice in 3/4" slices, keeping the slices in order and tight so the meat remains in its original shape. Select a serving dish that is oval and longer than the entrée. Lift the sliced meat and place in the center length of the dish, retaining its original shape.

Prepare roasted or herb buttered New Potatoes and surround the entrée with them. Surround the potatoes with steamed green, orange, and /or yellow vegetables. Garnish with 4" to 6" leaflets of fresh Rosemary next to the meat. Most groceries offer fresh Rosemary in the produce section.

For an added treat, serve meat either drizzled with our Honey Balsamic Grilling Marinade sauce or serve the sauce in small dishes on the side.

You will also enjoy the added flavor of our Gourmet Steak Sauce on the meat. Either drizzle the meat as it cooks or drizzle when served.

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