



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Roast Pork Loin with Rosemary Sauce

Serves 8

Ingredients

2 pork tenderloins (12 to 16 oz each)
1¼ teaspoons kosher salt
¾ teaspoon ground black pepper
2 teaspoons olive oil
4 tablespoons unsalted butter, cut into 4 pieces
2 medium shallots, thinly sliced
1 teaspoon light brown sugar
2 tablespoons water
¾ cup balsamic vinegar
2 teaspoons chopped rosemary
1 tablespoon Dijon mustard
Salt and pepper to taste

Note: it is VERY helpful to measure everything out ahead of time and put it all in individual bowls as each step happens quickly.

Directions

1. Adjust oven rack to middle position and heat oven to 400 degrees. Sprinkle tenderloins evenly with salt and pepper; rub seasoning into meat.
2. Heat oil in a 12 inch skillet over medium-high heat until smoking. Place both tenderloins in skillet and cook until well browned – about 3 minutes. Using tongs, rotate tenderloins ¼ turn; cook until well browned 1- 2 minutes. Repeat until all sides are browned.
3. Transfer tenderloins to a rimmed baking sheet and place in oven. Roast until internal temperature reaches 135 – 140 degrees on an instant read thermometer, 10 – 16 minutes.
4. Begin making pan sauce: add 1T butter to still hot skillet. When melted, stir in shallots, brown sugar and water. Cook over medium-low heat, stirring frequently, until shallots are browned and caramelized, 7 to 10 minutes. Set skillet aside.
5. Take pork loins out of the oven, and transfer to a cutting board. Tent loosely with foil and let rest until internal temperature registers 145 – 150 degrees – 8 to 10 minutes.
6. Put skillet back on medium-low heat and add vinegar, simmer scraping up browned bits with a wooden spoon until mixture is slightly

thickened, 5 to 7 minutes. Add rosemary and any accumulated pork juices; continue simmering until syrupy and reduced to about 1/3 cup – about 2 minutes longer. Off heat, whisk in mustard and remaining 3T butter one piece at a time. Add salt and pepper to taste.

7. Slice tenderloins crosswise into ½ inch thick slices. Arrange on platter or individual plates and spoon sauce over; serve immediately.

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