

EPICUREAN ESSENTIALS

Herb Crusted Pork Tenderloin

- 1 pork tenderloin, about 1 pound in weight
- ½ c. panko breadcrumbs
- ½ t. dried thyme
- ½ t. dried marjoram
- 2 T. dijon mustard

Preheat oven to 400° F.

Preheat a heavy skillet to medium-high heat. Meanwhile in a dish large enough to accommodate the tenderloin combine panko and dried herbs then set aside. Prepare a 9" x 13" baking dish by coating with non-stick spray and set aside.

Spray preheated skillet with non-stick spray and sear pork tenderloin on all sides. Remove tenderloin from pan to a sheet of aluminum foil, parchment paper, or other protected work surface. Spread dijon mustard all over tenderloin then roll in panko mixture pressing crumbs firmly to the tenderloin. Place tenderloin in prepared baking dish and roast to an internal temperature of 165° F; about 30 minutes.

Allow tenderloin to rest about 5 minutes before slicing into medallions for serving.

Yield: about 4 servings

Note: tenderloin may be seared and coated the evening before roasting and serving. You will need to allow additional cooking time for food added to the oven directly from the refrigerator.