

# DEVON COOKERY SCHOOL

## Pork Tenderloin

Marinated in a delicious garlic and herb mix, this oven baked tenderloin feels super indulgent. A meat thermometer is a really good way to make sure that you don't overcook it! We want this slightly blushing pink and super juicy!

### Ingredients

- 2 tbsp rapeseed oil
- 1 tbsp sea salt and fresh cracked pepper
- 1kg pork tenderloin, optional: pre-marinate pork before cooking
- 4 tbsp butter, sliced into 4-6 pats
- 2 tbsp crushed garlic
- 1 tsp dried basil\*
- 1 tsp dried oregano\*
- 1 tsp dried thyme\*
- 1 tsp dried parsley
- ½ tsp dried sage
- \*OR 2 tbsp mixed herbs

1. Preheat oven to 180C degrees.
2. Line baking sheet with aluminium foil.
3. In a small bowl, combine garlic, basil, oregano, thyme, parsley, and sage. Set aside.
4. Generously season meat with salt and pepper.
5. In a large pan, heat oil until shimmery. Add meat to pan and cook on all sides until dark golden brown.
6. Transfer to baking tray and generously coat with herb mix.
7. Place pats of butter on top of the pork.
8. Wrap in foil, bake until meat is 65C degrees internally at the widest, thickest part of the tenderloin (about 25 minutes.)
9. When pork has come to temperature, remove, and let rest, tented with foil, for at least five minutes to lock in juices.
10. Slice against the grain and serve immediately.
11. To store leftovers, place in an airtight container and keep in refrigerator for up to three days.
12. To freeze leftovers, place in a plastic bag or wrap in plastic wrap and keep in freezer for up to three months. To reheat, let thaw naturally in the refrigerator overnight, and bake at 170C degrees, wrapped in foil, until piping hot when ready to serve.