



INGREDIENTS

BRINE

- 1 lt. cold water
- 3 TBSP of kosher salt
- 1/3 cup of brown sugar

PORK TENDERLOIN

- 1-1/2 LB. pork tenderloin
- Salt & pepper for seasoning
- 2 TBSP of clarified butter or cooking oil

SAUCE

- 4 TBSP of unsalted butter
- 4 TBSP of chopped shallots
- 1 TBSP of chopped sage leaves
- 1 TBSP of chopped tarragon
- 1 TBSP of chopped rosemary
- ½ bottle of red wine
- Dilute 1 TBSP of corn starch into a ¾ cup of water
- 2 TBSP of unsalted butter



PORK TENDERLOIN

By Caterina Romano's kitchen

DIRECTIONS

BRINE

1. In a glass plate, add the water, salt and sugar. Mix and dissolve all ingredients together. Place the tenderloin in the water mixture ensuring that it is fully covered.
2. Cover and refrigerate for a minimum of 3 hours.

TENDERLOIN

3. Remove the tenderloin from the brine, pat dry with paper towels. Remove as much of the silver skin as you can.
4. Season the tenderloin with salt and pepper.
5. In a oven-proof frying pan, heat some clarified butter or cooking oil to 360 DF. Add the tenderloin and cook on all sides until golden brown.
6. Preheat the oven to 400 DF.
7. Bake in oven for 10 minutes for well done. Or 6 minutes for medium rare.
8. Allow the tenderloin to rest of 12-15 minutes.

SAUCE

9. In a saucepan, melt the butter and add the shallots. Cook for a few minutes until the shallots are translucent, about 2-3 minutes.
10. Add the sage, tarragon and rosemary and the wine. Bring to a boil and reduce to 1/2. Add the corn starch dilution a little at a time until you reach the desired sauce thickness. Turn the heat off and strain the sauce. Add the butter and using a whisk quickly incorporate it. Season to taste.
11. Cut the tenderloin into slices. Line your plate with mashed potatoes. Place the tenderloin on top and cover with sauce. Serve and enjoy.

ENJOY THE PORK TENDERLOIN