

## Gargantua's Roast Pork Tenderloin (with Honey-Mustard Sauce, or with Mustard Panko)

**Prep Time:** 15 min if white, 5 min if red **Total cook:** 20-30 min **Yield:** 4 servings

**Tools:** long tongs, large skillet, baking sheet, wire rack (optional), aluminum foil, instant read thermometer, scraper spatula (red)

- 1 big ol' 1 1/2-pound pork tenderloin
- 2 tablespoons vegetable oil

### RED WINE PAIRING:

- Panko (Japanese dried bread crumbs)
- 4 tablespoons whole-grain Dijon mustard

### WHITE WINE PAIRING:

- 2 garlic cloves, minced
- 2 tablespoons minced shallots
- 1 tablespoon tomato paste
- 2 tablespoons whole-grain Dijon mustard
- 2 tablespoons honey
- 2 1/2 tablespoons red wine vinegar
- 1 1/2 teaspoons chopped fresh thyme
- 1/2 teaspoon salt
- 1 teaspoon black pepper corns, crushed
- 1 1/3 cups vegetable or chicken broth
- 1 teaspoon grated fresh ginger
- 2 tablespoon marmalade
- hint of nutmeg

Heat oven to 425°F. Place wire metal rack in roasting pan, lightly coat with cooking spray, and place in oven. Remove excess fat or silverskin from tenderloins, season with salt and pepper. Brown tenderloin: heat vegetable oil in a large enough skillet over medium-high heat. Sear meat 5-10 minutes, turning, until golden brown on all sides.

RED WINE? MAKE A MUSTARD CRUST. Pour some panko onto a plate. Set the slightly cooled tenderloin on top. Using plastic kitchen gloves if you have them, rub the tenderloin on all sides with grain mustard, using the mustard as an adhesive to then apply the panko. Next:

BOTH RECIPES: Remove tenderloin and place on rack in roasting pan. Roast 15–20 minutes to 165°F internal temp for well done or 155° for slightly pink. I often undercook to 140° because I fear overcooking, then wrap the meat in foil for 5 minutes straight out of the oven for juices to absorb and slightly further cooking.

WHITE WINE? MAKE A SAUCE. Meanwhile, in pan used to brown tenderloin, add garlic and shallots, cook over medium heat until fragrant, about 1 minute. Add tomato paste, scrape up browned bits from pan. Sauté until tomato paste has slightly browned. Add mustard, honey, vinegar, thyme, salt, pepper, and broth. Bring to boil, then add ginger, marmalade, nutmeg, and simmer until mixture reduces to a sauce consistency, about 10 minutes. Keep warm.