



EARTHWORKS

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Grilled Pork Tenderloin

(Using a Dry Rub)

Because pork tenderloin is tender, lean, and relatively small, it's perfect for grilling. This recipe uses a dry herb rub to add flavor and juiciness to the tenderloin. Rubs of herbs and spices can be put on the meat right before grilling, but for more flavor put on the rub, wrap in plastic wrap, and refrigerate for a few hours, or even better, overnight.

Ingredients:

(2) $\frac{3}{4}$ to $1\frac{1}{4}$ pound pork tenderloin

For the Dry Rub:

- (2) Tablespoons chopped fresh basil, or 2 teaspoons dry
- (2) Teaspoons chopped fresh thyme, or 1 teaspoons dry
- (1) Tablespoon chopped fresh rosemary, or 2 teaspoons dry
- (1) Tablespoon chopped fresh oregano, or 2 teaspoons dry
- (1) Tablespoon crushed fennel seeds
- (1) Teaspoon ground coriander
- (2) Teaspoons garlic powder or granulated garlic
- (2) Teaspoons Kosher salt
- (2) Teaspoons coarsely ground black pepper

Mix all the ingredients in a small bowl. This rub can be used on any grilled pork, grilled lamb, and grilled steak.

Generously coat the tenderloin with the herb rub, wrap in plastic wrap, and refrigerate.

Build a multi-level fire by leaving about one-third of the charcoal grate free of coals, and then banking the charcoal on the other two-thirds in a triangular shape. Let the tenderloin come up to room temperature while you're getting your fire ready.

When the coals are all grey, place the tenderloin on the hottest part of the fire and sear the meat – about 1-2 minutes a side. Move the tenderloin to the part of the grill that does not have coals, cover, and cook for 10-15 minutes, or until the internal temperature reaches 150°. Remove the meat from the grill, put on a platter, cover loosely with foil, and let it rest 5 minutes. Carve the pork into thick slices and serve as is, or with your favorite sauce or condiment.

You can add pre-soaked hardwood chunks or chips to your fire if you like a slightly smoky taste.