

CRUMB CRUSTED PORK TENDERLOIN

by Chef Jeff Dinmore, Clovis Community Medical Center

Yield: Varies (serving size – about 6oz)

Ingredients:

- 1.25lb whole pork tenderloin
- 2 tsp. salted butter or margarine
- 1 ½ tsp. whole grain mustard
- ½ tsp. Apple cider vinegar
- 1 garlic clove, peeled and minced
- ¼ tsp. sea salt
- ¼ tsp. coarse black pepper
- ¼ tsp. fresh rosemary, chopped
- Dash of cayenne pepper (optional)
- 3 Tbsp. plain Panko bread crumbs, coarse
- 1 ½ tsp. All-Purpose flour
- 2-3 egg whites
- 2 tsp. parmesan cheese, grated

Preparation:

1. Preheat the oven to 350°F
2. Melt the butter and whisk in mustard, vinegar, garlic, rosemary, salt, pepper and cayenne in bowl until combined. Stir in panko until fully combined.
3. Spread panko mixture in even layer on rimmed baking sheet, breaking up any clumps. Bake, stirring every 5min, until golden brown. Allow to cool completely.
4. When breadcrumbs are completely cooled, mix in parmesan cheese. Set aside.
5. Using a paper towel, dry the pork and remove any silver skin or large pieces of fat.

Directions:

1. Place flour in shallow dish. Whisk the egg whites together in second shallow dish.
2. Season dried pork with salt and pepper.
3. Dredge seasoned pork in flour, shaking off excess. Dip in egg whites to thoroughly coat. Then coat with the breadcrumb mixture.
4. Place the crusted pork in the refrigerator for 20min to allow the crust to adhere better.
5. Preheat oven to 400°F
6. Transfer pork tenderloin to a roasting pan.
7. Roast in oven until internal temperature reaches 140°F (20-25min)
8. Slice ¼ inch thick and serve warm with any side.