

Pork

Lemon Oregano Pork Tenderloin with Lemon Jus

Stephanie Witt Sedgwick - Special to the Washington Post
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Servings: 6

2 teaspoons dried oregano
zest of one lemon (a loosely packed tablespoon)
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
2 (1 pound each) pork tenderloins, trimmed of fat and silver skin
2 tablespoons olive oil, divided
1 cup no-salt-added or homemade chicken broth
juice from one large lemon (two tablespoons)
2 tablespoons fresh oregano leaves, chopped
1/4 teaspoon sugar (or more to taste)
salt
freshly ground black pepper

In a small bowl, rub together the oregano, lemon zest, pepper and salt.

Lay the tenderloins out on a platter or large sheet of aluminum foil.

Sprinkle the rub and one tablespoon of the oil over the tenderloins. Rub the seasonings and oil over the pork to coat it evenly. Wrap or cover the tenderloins. Refrigerate for at least 2 hours and up to 12 hours.

Preheat the oven to 375 degrees.

Heat the remaining tablespoon of olive oil in a roasting pan set over medium-high heat. When the oil is hot, add the pork tenderloins. Cook for 5 to 6 minutes, turning them every 1 to 2 minutes to evenly brown the tenderloins on all sides. Transfer the pan to the oven.

Roast for 14 to 18 minutes, until the internal temperature of the pork registers 145 degrees on an instant-read thermometer. Remove the pan from the oven. Transfer the pork to a platter to rest and cover loosely with aluminum foil.

While the pork rests, in a medium saucepan over medium-high heat, combine the chicken broth, lemon juice, oregano, sugar, salt and pepper. Bring the liquid to a boil. Boil for about 8 minutes, until the liquid is reduced by half.

Taste and adjust the seasoning as needed.

Slice the pork on the diagonal. Serve with the jus poured over it or passed at the table.

Per Serving (excluding unknown items): 42 Calories; 5g Fat (95.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat.