Main dishes / United States

Pan-Seared Roasted Pork Tenderloin

The most forgiving of the lean cuts — seared in a searing hot pan until mahogany on all sides, finished in a hot oven, then rested until the juices redistribute into a blush-pink, impossibly tender centre.

Time 45 min **Servings** 4

What you'll need.

- ☐ 600 g Pork tenderloin (silver skin removed)
- ☐ 8 g Kosher salt
- ☐ 4 g Black pepper, coarsely ground
- ☐ 4 g Smoked paprika
- ☐ 3 g Garlic powder
- ☐ 20 g Neutral high-smoke-point oil (avocado or grapeseed)
- ☐ 30 g Unsalted butter
- ☐ 10 g Fresh thyme sprigs and rosemary
- ☐ 15 g Garlic cloves, crushed

Let's make it.

01 Remove the silver skin: slide the tip of a thin knife under the silver membrane and angle the blade slightly upward, sawing forward while pulling the skin taut with your other hand. It should come off in one or two strips. Pat the tenderloin completely dry. Combine salt, pepper, smoked paprika, and garlic powder and rub evenly over every surface. Rest uncovered at room temperature for 20 minutes.

02 Preheat the oven to 220 C (425 F). Heat an oven-safe skillet (cast iron preferred) over high heat for 3 minutes until screaming hot. Add the oil — it should shimmer immediately. Sear the tenderloin for 90 seconds per face, rotating through all four broad faces until every surface is mahogany brown. Use tongs and apply firm downward pressure to maximise contact.

03 Add the butter, thyme, rosemary, and crushed garlic to the pan. Transfer the skillet to the preheated oven. Roast for 10–12 minutes, basting once halfway through by tipping the pan and spooning the melted herb butter over the tenderloin. Remove when an instant-read thermometer reads 60 C (140 F) at the thickest point — carry-over cooking will bring it to 63 C (145 F).

04 Transfer the tenderloin to a warm cutting board and tent loosely with foil. Rest for exactly 8 minutes. Do not cut earlier — the temperature will rise 3 degrees and the juices need time to redistribute from the contracted muscle fibres back into the interior.

05 Using a sharp slicing knife, cut the tenderloin into medallions 1.5–2 cm thick, slicing on a slight diagonal for a broader face. Each slice should reveal a uniform pale-rose interior surrounded by the dark seared crust. Spoon the resting juices and any remaining herb butter over the slices. Serve immediately.

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Servings are an estimate; check quantities in the source recipe.
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