

Grilled Balsamic-Garlic Crusted Pork Tenderloin

INGREDIENTS:

- 4-5 garlic cloves, finely minced or crushed
- 2 T balsamic vinegar
- 2 ½ tsp. sea salt
- ½ tsp. freshly ground pepper
- 2 T olive oil
- 2 pork tenderloins (about 1 ¼ pounds each)

PROCESS:

- Stir together garlic, balsamic vinegar, salt, pepper, and olive oil in a small bowl. Rub the paste all over pork. Can be marinated overnight.
- GRILL PREPARATION: Sear the tenderloins on all sides, then grill for about 20-30 minutes, rotating every 10 minutes, until the internal temperature is 160 degrees. Let it rest before slicing.
- OVEN PREPARATION: Preheat oven to 400 degrees. Heat oil in a large heavy sauté pan over medium-high heat. Brown pork all over. Transfer pan to oven. Roast pork, turning occasionally, until internal temperature is 160 degrees, about 20 minutes. Transfer pork to a cutting board. Let rest about 10 minutes before slicing.

From: kitchenconfidante