

# PLANK COOKING

by JOHN HOWIE

## **Pork Tenderloin with Herb Stuffing and Onions – Serves 4**

2 each (12oz wt.)	Pork Tenderloin – fresh, two each
2 cups	Herb Stuffing – recipe follows
½ tsp.	Salt
¼ tsp.	Pepper – black, ground
1 lb.	Baby Boiling Onions – peeled, cut and quartered

### **Herb Stuffing – Yield 2 ½ Cups**

1 Tbsp.	Butter – softened
¼ cup	Onion – diced ⅛”
¼ cup	Celery – diced ⅛”
¼ tsp.	Salt
¼ tsp.	Thyme – dry, whole
¾ tsp.	Basil – dry, whole
½ tsp.	Savory – dry, whole
½ cup	Chicken Stock
2 cups	Bread Crumbs – dry, cubed ½-¼”

#### **HERB STUFFING PROCEDURE:**

1. Place the butter, celery, onion in a sauté pan and cook until tender – don't brown. Add the chicken stock, herbs, and salt. Then add the bread crumbs. Mix well, cover and let sit for 5 minutes. Remove the cover and fluff the stuffing. Cool and hold refrigerated until needed.

#### **PORK TENDERLOIN W/HERB STUFFING AND ONIONS PROCEDURE:**

1. Remove any excess fat or silver skin from the exterior of the pork tenderloin. Slicing in the side of the loin, butterfly the tenderloin open so it is flat – don't cut all the way through. Sprinkle the interior of the meat with the salt and pepper. Place the stuffing in the center of the meat 1” away from the edges. Fold in the ends and fold over the top tie or skewer the loin closed so no stuffing is showing.
2. Pre-heat the oven to 325°. Place the loin on the plank. Toss the onions in olive oil and place them on the plank around the loin. Place in the oven and let it roast for 15 minutes. Remove from the oven. Turn the loin over and return to the oven and cook until the onions are caramelized and the internal temperature in the center of the stuffing is 130-140°, approximately 15-20 minutes. Remove from the oven and let rest for 5 minutes. Then slice and serve with the caramelized onion wedges.