

Planked Pork Tenderloin w/Honey, Mustard & Fennel

by Chef Eric Villegas of PBS's Fork in the Road, exclusively for Emmet's Epicurean Maple Grilling Planks.

Ingredients (Serves 2) :

One -1 lb. whole pork tenderloin, trimmed
2 T extra virgin olive oil, for drizzling and oiling the plank
1 bunch - fresh thyme sprigs, to line the plank
sea salt, to taste
1 large sweet potato, peeled and thinly sliced
sea salt and black pepper, to taste

For the Honey Dijon Glaze:

1 T Michigan clover honey
1 T roasted garlic puree
1 T dijon mustard
1 tsp fresh thyme leaves, chopped
2 tsp fennel seeds, crushed
sea salt and black pepper, to taste

Preparation:

In small bowl, mix all ingredients for the Honey Dijon Glaze thoroughly. Rub the entire tenderloin with 3/4 of the honey dijon mixture. Reserve remaining.

Preheat your oven or outdoor grill to 400 degrees.

Place the soaked plank, oiled side up in the center of the oven or grill, away from the direct flame and heat, to "cure" the plank for 5-10 minutes.

Carefully remove the hot plank and line the center with the fresh thyme sprigs. Lay tenderloin atop thyme sprigs. Arrange potatoes around the pork, overlapping the slices evenly on both sides. Drizzle remaining glaze over the pork, and olive oil over the sweet potato slices.

Lightly season sweet potatoes with salt and pepper.

Return the plank to the oven or grill and roast about 25 minutes or until pork is still slightly pink in the center (internal meat temperature-155° F) and potatoes are tender and lightly browned.

Transfer pork to cutting board for 10-15 minutes to rest. Return the plank with the potatoes to the oven or grill for a few minutes to finish cooking while the meat rests.

For a rustic and aromatic presentation, thinly slice the rested pork and "shingle" the slices back to it's original position on the cooking plank and serve immediately.



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