

Pork Tenderloin with Cabernet Reduction

Serves 4

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried thyme
- 1 tsp black ground pepper
- 1 tsp kosher salt (or to taste)
- 675 g pork tenderloin
- 1 T olive oil
- 1 clove garlic, minced
- 120 ml Cabernet (or other red wine)
- 120 ml chicken stock
- 125 g cream



1. Preheat oven **230°C**
2. Combine all **dry ingredients** into a small bowl. Mix well to combine.
3. Rinse **pork loin** and pat dry. Place pork on a plate and sprinkle evenly with the rub mixture, turning the pork, and pressing the mixture evening along the surface.
4. Heat **oil** in a large skillet over **medium-high heat** then add **garlic** and cook for **about one minute**.
5. Add the pork loin and brown on all sides, for **about 10 minutes** total.
6. Transfer the pork to a roasting pan and place in oven; **roast for 20 minutes**. Reserve pan with browned bits.
7. Add **cabernet** and **chicken stock** to the skillet and cook for **about 5 minutes** until reduced by half.
8. Add the **cream** and **simmer** until large bubbles appear, set aside.
9. Once the pork is cooked, remove from the oven and **allow to sit for 5 minutes** before slicing.
10. Warm the sauce over low while the pork rests.
11. To plate, slice the pork, divide evenly onto 4 plates and drizzle with sauce.

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