THE SMOKEHOUSE MARKET
SINCE 1937
FOODS & WINES INSPIRED BY THE RICHNESS OF COUNTRY LIFE.

COOKING TIPS FOR PORK TENDERLOIN

Oven temperatures vary quite a bit so use this simply as a guide.

Allow to come to room temperature for about 1 hour prior to cooking
Prepare your grill, for Charcoal grills you want the coals to be piled to one side, and grill once they are white hot.
For Gas grills, you want 1-2 burners on high heat and the others on medium-low.
Grill the tenderloin for 12 to 15 minutes.
Place the tenderloin over direct heat. Cover and cook, flipping the tenderloin only once, until the internal temperature reaches 140* F to 145* F, 5 to 7 minutes per side.
Move to indirect heat if the tenderloin starts to char too much, and continue to cook until it reaches the correct internal temperature, about 18 minutes total cook time.

Wrap and rest the tenderloin.

Remove the tenderloin from the grill to a clean cutting board and tent loosely with aluminum foil. Rest for 10 minutes; the meat will finish cooking from the residual heat and the juices will redistribute for optimal flavor.

Slice and serve.

Slice crosswise into thin pieces before serving.

Enjoy!