



## *Crumb-Crusted Pork Tenderloin*



### **Ingredients:**

- 5 tablespoons unsalted butter, melted
- $\frac{1}{4}$  cup whole-grain mustard
- 1  $\frac{1}{2}$  tablespoons white wine vinegar
- 2 garlic cloves, minced
- 2 teaspoons minced fresh rosemary
- Kosher salt and pepper
- Pinch cayenne pepper
- 1  $\frac{1}{2}$  cups panko bread crumbs
- $\frac{1}{4}$  cup all purpose flour
- 3 large egg whites
- $\frac{1}{3}$  cup grated Parmesan cheese
- 2 (1- to 1  $\frac{1}{4}$  pound) pork tenderloins (Hormel Original works fine), trimmed

### **Method:**

1. Adjust oven rack to middle position and heat oven to 350 degrees. Whisk melted butter, mustard, vinegar, garlic, rosemary,  $\frac{3}{4}$  t salt,  $\frac{1}{2}$  t pepper, and cayenne in bowl until combined. Stir in panko until fully combined.
2. Spread panko mixture in even layer on rimmed baking sheet, breaking up any clumps. Bake, stirring every 5 minutes, until golden brown, 15 to 18 minutes.
3. Transfer crumbs to 13 X 9-inch baking dish and let cool completely, about 10 minutes. Break up any large clumps with your fingers. Increase oven temperature to 400 degrees.
4. Set wire rack in now-empty sheet. Place flour in a shallow dish. Whisk egg whites together in a second shallow dish. Stir Parmesan into cooled crumb mixture. Pat tenderloins dry with paper towels and season with salt and pepper.
5. Working with one tenderloin at a time, dredge in flour, shaking off excess; dip in egg whites to thoroughly coat, letting excess drip back into dish; then coat with crumbs, pressing gently to adhere. Transfer tenderloins to prepared rack. Bake until pork registers 140 to 145 degrees, 25 to 30 minutes. Let tenderloins rest on rack for 10 minutes. Slice  $\frac{1}{4}$ -inch thick and serve.