

Garlic Roasted Pork Medallions

By: Mike Leach C.E.C.

Prep Time: 20 minutes

Cook Time: 1 hour

Yields: 8 to 10 servings

Ingredients

2	lbs	raw pork loin (trimmed of visible fat)
1	Tb	garlic powder
½	Tb	onion powder
½	Tb	Mrs. Dash—original blend
¼	cup	olive oil
1	cup	Water

Method

1. Trim visible fat from pork loin.
2. Brush pork with olive oil.
3. Combine spices and rub on pork loin.
4. Place pork in a roasting pan with a lid.
5. Add 1 cup of water to bottom of pan.
6. Place pan in a standard oven for roughly 1 hour at 325°F. Adjust cooking time based on oven and size of loin. The internal temperature should reach 170°F to complete the cooking process.
7. Remove from pan. Cut while hot into 3 oz. portions. Serve hot.

Chef's Tips

1. If possible, lift pork off of the bottom of the pan to allow fat to drain out.

2. Start cooking your vegetables when pork reaches 160°F so that everything will be done at the same time. It usually takes about 10-12 minutes from 160°F to reach 170°F.
3. Be sure to slice pork on a clean cutting surface. If pork is too hot to hold while cutting, use a large fork or hold with a clean paper towel.