

# Pork Tenderloin

Doug Keiles of Ribs Within BBQ

From the Yale Appliance + Lighting Chef Series

The whole object is to NOT OVERCOOK the tenderloin, which can make it dry and unappealing to eat. Follow this easy recipe for perfect pork every time. Here is my simple pork recipe.

**Ingredients:**

- Pork tenderloins (each is usually 1lb or so)
- Your favorite BBQ Rub or Rubs
- Salt

**OR**

- Ribs Within Rub4All
- Ribs Within Secret Rub
- Ribs Within BBQ Salt.

**Method:**

1. Lightly coat (Sprinkle) each piece with BBQ Salt (or salt) – remember this is SALT not Rub!
2. Rub the salt in.
3. Lightly coat with each piece with Rub4All (or your rub) – This is a RUB, so you can go a little more heavily.
4. Rub the rub in. It should be getting gooey.
5. Coat with Secret Rub (or you can add more of your rub or different rub for layered flavors) – This is the last coat and you can go heavier.
6. Rub the rub in. It should be dark and gooey. It can sit for up to 2 hours in the fridge.
7. But it should be about room temp when you cook it, so let it sit out of the fridge at least 15 minutes, but for no more than 1 hour before you cook it.
8. Fire up the grill to med-high for at least 5 minutes – or keeps it on Med for a while and the up to med high after you take the meat out of the fridge. If you have 3 burners leave one on low.
9. Turn Med-high to Med right before cooking. Cook on the medium area.
10. Think square, and cook all 4 sides for exactly 2 minutes each side. First top and bottom, then side and side. If the meat is really burning, move to the low area for one minute and move back.
11. Try to flip in the same order if you cook more than one.

12. Take off the grill and place onto a plate. Loosely cover with tin foil, and bring inside.  
Let rest for 4-5 minutes.
13. Slice in the middle, it should be pinkish and juicy. If underdone, put back on grill for 1 minute on side closest to under doneness. Flip for 1 minute.
14. Let sit for 2 minutes under foil.
15. Slice and serve. The slices should be about ½" to ¾" thick medallions.
16. Taste. You can sprinkle Secret Rub on top of the slices, or BBQ salt, before you serve.
17. A bed of baby greens or romaine lettuce works well as garnish...if you need it.