PAN-SEARED
PORK TENDERLOIN STEAKS

Source: America's Test Kitchen

INGREDIENTS

- ○ 2 (1-pound) pork tenderloins, trimmed
- ○ Kosher salt and pepper
- ○ 2 tablespoons avocado oil

INSTRUCTIONS

Note: Choose tenderloins that are equal in size to ensure that the pork cooks at the same rate. We prefer natural pork in this recipe. Open the oven as infrequently as possible in step 2. If the meat is not yet up to temperature, wait at least 5 minutes before taking its temperature again.

1 Adjust oven rack to middle position and heat oven to 275 degrees. Set wire rack in rimmed baking sheet and lightly spray rack with vegetable oil spray.

2 Pound each tenderloin to 1-inch thickness. Halve each tenderloin crosswise. Sprinkle each steak with ½ teaspoon salt and ⅛ teaspoon pepper. Place steaks on prepared wire rack and cook until meat registers between 137 and 140 degrees, 25 to 35 minutes.

3 Move steaks to 1 side of rack. Line cleared side with double layer of paper towels. Transfer steaks to paper towels, cover with another double layer of paper towels, and let stand for 10 minutes.

4 Pat steaks until surfaces are very dry. Heat oil in 12-inch skillet over medium-high heat until just smoking. Increase heat to high, place steaks in skillet, and sear until well browned on both sides, 1 to 2 minutes per side. Transfer to carving board and let stand for 5 minutes. Slice steaks against grain ¾ inch thick and transfer to serving platter. Season with salt to taste, and serve.