

Roger's Pork Loin

Roger Gillies

1 small pork loin or any tenderloin

Dry Rub:

Equal parts garlic powder, salt and Italian seasoning.

Method:

Pierce meat with fork everywhere. Drizzle with olive oil. Rub in the seasoning. Let it sit. Marinate 1/2 hour to 45 minutes. Put a couple of tbsp of grapeseed oil (or oil for higher temperatures) in pan. Sear on all sides using tongs. Sear the ends too. Put in 400 oven until internal temperature reaches 150. Let meat rest a minimum of 10 minutes.