

SLOW COOKER PORK TENDERLOIN

<http://andreasrecipes.com/2010/03/08/slow-cooker-pork-tenderloin/>

Serves 9 to 12.

EQUIPMENT

large skillet (not nonstick)
6-quart slow cooker
instant read thermometer

INGREDIENTS

2 pounds (~900 g) pork tenderloin
canola oil
spice rub (Your choice, see ideas below.)
3 medium onions, halved and sliced
3 pounds (1.3 kilos) Russet potatoes, peeled and cut into bite-size chunks
1 pound (454 g) baby carrots (or carrots cut into baby-size pieces)
1-1/2 to 2 cups (360-480 ml) dry white wine

PREPARATION

1. **SPICE MIX:** Pour ingredients into a shaker jar, put on the lid, and shake well. Store with other spices in a dark place.
2. **PORK:** Trim the pork tenderloin of any silver skin. Sprinkle some Cajun seasoning all over each tenderloin, rubbing it into the meat. Heat the skillet and pour in a few tablespoons of canola oil, just enough to cover the bottom of the pan. Place two of the tenderloins in the pan, keeping them slightly apart. Brown over medium to medium-high heat (heat level 6 on my cooktop), turning the tenderloins as they cook. Place the browned tenderloins in the bottom of the slow cooker, add the potato chunks and carrots and cover with the lid.
3. Cook the onions in the hot skillet until they are browned around the edges, but not fully caramelized, and add to the slow cooker.
4. Deglaze the pan with 1 cup of the white wine, then pour the drippings into the slow cooker. Add another half cup or so of white wine to the slow cooker, making sure there is enough in the bottom to keep the meat moist while cooking.
5. Cover and cook on low for about 7 hours, or on high for about 4 hours. For even cooking, about 2 hours before serving I pull out the tenderloins with tongs and let the vegetables fall

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into the bottom, place the tenderloins atop the vegetables, then recover. (Our slow cooker has an auto setting, which starts on high then automatically switches to low once cooking temperature has been reached, thus reducing cooking time by an hour or so.) When fully cooked the largest piece of tenderloin should register 160° F/71° C with an instant read thermometer (safe cooking temperature). The last time I made this the thermometer registered 165° F/74° C, and the meat was tender, juicy, and fell apart with a fork.

6. Slice and serve with the vegetables and broth.

Spice Rubs

CAJUN

2 tablespoons salt
2 tablespoons cayenne pepper
2 tablespoons ground white pepper
2 tablespoons ground black pepper
2 tablespoons paprika
2 tablespoons onion powder
2 tablespoons garlic powder

CREOLE (Emeril's Essence)

2-1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon ground black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme

MEXICAN

2 tablespoons chili powder
2 teaspoons brown sugar
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1/2 to 1 teaspoon chipotle pepper
1/2 teaspoon salt

MOROCCAN

2 tablespoons ground cumin
2 tablespoons chili powder
1 teaspoon ground cinnamon
1 teaspoon garlic powder

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1/4 teaspoon ground cloves

INDIAN

1 tablespoon ground cumin

1 tablespoon ground coriander

1 tablespoon salt

1-1/2 teaspoons ground black pepper

3/4 teaspoon ground cardamom or seeds from about 8 pods, crushed

3/4 teaspoon ground cayenne pepper

3/4 teaspoon ground turmeric