



# The **ingles** T a b l e

with Chef Derek St Romain

## Stuffed Pork Tenderloin

### Shopping List

- 1 lb. Kielbasa sausage
- 1 Whole Pork Tenderloin
- 2 oz Olive Oil
- Fresh Rosemary
- Thyme
- Basil
- Cracked Black Peppercorns
- Sea Salt Rub
- 1 c Balsamic Vinegar
- 2 garlic cloves
- 1 tbs whole peppercorns

### Cooking Instructions

1. Cut the Pork loin and the Kielbasa sausage to the same lengths.
2. Take your Boning knife and cut a hole down the center of the Pork Loin length wise, careful to cut through the center. This is the hole where you will stuff the sausage in.
3. Now stuff the sausage into the Pork loin.
4. Into a small bowl, chop all the fresh herbs into very small pieces and mix together with the Olive Oil and spices.
5. Massage the mixture onto the Pork loin and let sit uncovered.
6. Get the grill lit and hot to at least 400 degrees.
7. Place the stuffed Pork loin onto the grill and cook for 25-30 minutes turning frequently. You do not want to let the Pork burn on any side so check it often.
8. Turn the heat down and start basting the Pork in the Balsamic glaze every 2-3 minutes.
9. Check to make sure the Pork has been cooked to an internal temperature of 155 degrees.
10. Slice.
11. Add some more Balsamic glaze.
12. Serve.



### NOTE -

This recipe can be cooked in the oven. Follow same directions, but cook in oven uncovered on 350 degrees for 40-50 minutes making sure the chicken reaches 165 degrees internal temperature.