

## MEATS

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### PORK TENDERLOIN ROAST†

#### (SCHWEINE LENDENBRATEN)

- 1 pork tenderloin 1-1 ½ lbs.
- 1 tablespoon vegetable oil
- 1 medium onion (sliced)
- 1 package Au Jus gravy mix (1 oz. size)
- 2 ½ cups warm water
- 2 cups cold water

Heat oil in a Dutch oven and brown tenderloin on all sides. Add onion and sauté for 3 minutes being careful of not burning them. Add a ½ cup of warm water and let it completely cook down (evaporate). Repeat this three times. Stir gravy mix and 2 cups cold water in a bowl. Pour it over the meat and bring it to a boil. Cover the pot and place in a preheated oven at 350° for 1 hour. Add ½ cup warm water and let it roast another hour. Place the meat on a platter. Pour gravy through a sieve over a saucepan making sure to press the onion through the sieve giving the gravy its full flavor. Bring to a boil and pour it into a bowl. Cut meat into slices and pour a tablespoon of gravy over it. Serve with noodles or mashed potatoes.

Makes 4 servings

