

A Man's Cookbook for "THE HERD"
By Robert Sturm



Ingredients:

- 1 Pork Tenderloin, trimmed lean, cut in 4 pieces
- 1 oz. Pumpkin Oil or Canola Oil
- 1 tsp. Cajun Spice
- 1 tsp. All Purpose Seasoning

Directions:

Pre-heat oven to 400F. Combine pork, oil and seasoning mixes together. Get cast iron skillet "HOT." Sear pork on all sides for 1 minute each. Place the entire pan in the oven. Bake 10 minutes. Check temperature. Remove from oven when desired doneness is reached. Let rest 5 minutes. Serve with Wild Rice-A-Roni, Lemon Pepper Cauliflower and Mango Salsa.