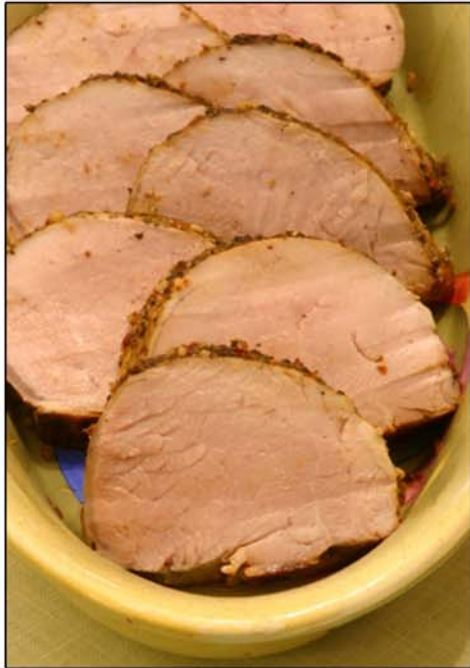


# Spice-Crusted Roast Pork Tenderloin

Serves 6

## Ingredients:

4 tsp. extra-virgin olive oil; more  
as needed for the baking sheet  
1/4 cup plain low-fat or whole-milk yogurt  
1 tsp. Dijon mustard  
2 cloves garlic, minced  
3/4 tsp. kosher salt  
Fresh coarsely ground black pepper  
Two 1-1/2-lb. pork tenderloins, trimmed  
3/4 cup fresh breadcrumbs  
(from a baguette or other white artisan-style bread)  
1-1/2 tsp. mustard seeds  
1-1/2 tsp. coriander seeds  
1-1/2 tsp. cumin seeds  
1-1/2 tsp. sesame seeds



## Preparation:

Position a rack in the center of the oven and heat the oven to 450°F. Lightly oil a heavy-duty rimmed baking sheet.

In a small bowl, stir together 2 tsp. of the olive oil and the yogurt, mustard, garlic, salt, and several grinds of pepper. Spread this mixture over the entire surface of the tenderloins with your hands or a rubber spatula.

In a shallow baking dish, combine the breadcrumbs and the mustard, coriander, cumin, and sesame seeds. Roll the tenderloins in the breadcrumb mixture, patting so that the crumbs and spices adhere to the meat. Put the tenderloins on the baking sheet, gather up any remaining crumbs and spices, and pat them onto the top of the pork. Drizzle the remaining 2 tsp. olive oil over the top.

Roast the tenderloins for 10 minutes and then lower the oven temperature to 325°F. Continue roasting until an instant-read thermometer inserted in the center of each tenderloin reads 140°F, 25 to 30 minutes longer. Transfer the pork to a carving board and let it rest for 10 minutes before carving it into 1/2-inch-thick slices. Be sure to serve all the crumb coating that falls off during carving.