

# How to Cook Pork Tenderloin in Oven Without Foil? - Step-by-step Guide

Learning **how to cook pork tenderloin in oven without foil** is an easy recipe that can help you prepare a delicious meal for yourself or a dinner party. Following this guide will result in the most succulent and yummy pork tenderloin you've ever tasted. A perfect blend of spices and skillful marinating of the roast creates an inviting aroma that makes the tenderloin hard to resist.

**To cook pork tenderloin in oven without foil, sear the tenderloin for 3-4 minutes or until browned. Bake it for 40-45 minutes in a skillet and finally rest it for 15-20 minutes before serving it.**

If you don't follow the right process, you can end up with a piece of overcooked and tasteless pork no one wants to eat. With that being said, let's get started learning how to do it right.

## How Long to Cook Pork Loin in Oven With Foil?

This depends on the amount of heat produced by the oven. Pork tenderloin can take from 40 minutes to an hour to bake in the oven. A reliable metric is to watch out for when the center of the meat changes color from pink to brown.

If the oven is set to 375 degrees F, it can take about 30 to 45 minutes of roasting for the meal to become ready.

**Tip:** If you have a meat thermometer, check for when the internal temperature approaches 145 degrees F.

## Pork Tenderloin Wrapped in Foil in Oven

Pork tenderloin can dry out quickly. Fully wrapping the meat in a piece of foil can lock in its flavor and retain its moisture. It also prevents the meat from sticking to the oven tray.

Though aluminum foil is the ideal material used, parchment paper and wax paper can be effective substitutes. If you are using a foil, you should wrap the meat for the first 10 minutes of cooking and then unwrap it for the last 15 minutes.

**Note:** This post will focus on how to cook pork tenderloin in an oven without foil.

## Ingredients Needed to Make Pork Tenderloin

- 1 – 1.5 pounds of pork tenderloin
- Marinade: any of sesame ginger, Balsamic Rosemary, or Maple Dijon will do.
- Half-teaspoon of iodized salt

- Half teaspoon of fresh olive oil.
- ¼ teaspoon of ground black pepper
- One minced clove garlic

## Nutritional Value of Pork Tenderloin Per Serving

- Calories: 485
- Carbs: 9g
- Protein: 56g
- Fat: 25g
- Dietary fiber: 1g

## Step-by-step Guide On **How To Cook Pork Tenderloin in Oven Without Foil**

The Steps below will teach you how to effectively prepare tenderloin in an oven without using foil.

### Step 1: Marinating the Pork Tenderloin

Prepare the marinade by mixing the ingredients evenly and then pour it over the pork tenderloin and ensure it spreads over all the surfaces. Put the pork tenderloin in a sealable plastic bag, Ziplock bag, or in a bowl, cover it with a lid, and then allow it to marinate in the fridge.

Seal the bag or lid tightly to remove as much air as you can, this will allow the seasoning used to coat all parts of the tenderloin.

To get perfect results, let the pork tenderloin marinate for 4-24 hours. However, if you are in a haste, you can allow it to marinate for one hour and still get an irresistible flavor.

Cutting back on the time for marinating will reduce its juiciness and flavor. Some of the best marinades you can use are Sesame ginger, Balsamic Rosemary, Soy sauce, and Maple Dijon. Can you marinate pork tenderloin for too long? Yes, you can. According to [Foodsafety.gov](https://www.foodsafety.gov), pork tenderloin can be safely marinated in the refrigerator for 5 days.

**Note:** A good marinade is the secret to juicy, tender, and flavorful pork tenderloin.

### Step 2: Searing the Pork Tenderloin

The purpose of searing is to enhance the flavor of the tenderloin and seal the fluids before you start baking. While at it, be careful not to overcook it so it can remain edible.

The heat from the searing process caramelizes the marinade on the pork. The resultant brown coating on the meat indicates that the process is now complete.

To sear it, get an oven-safe pan and add the olive oil. Heat it to about 350 degrees F (175 degrees C) and drain the excess and unuseful marinade.

Lay one side of the tenderloin on the pan and heat for about 5 minutes at the same temperature. Alternatively, you can just stop stirring after the color changes to a golden brown. Turn to the other side of the pork tenderloin and repeat the process. You may prefer to sear all four sides as some chefs do. However, searing the two opposite sides is enough to get a good outcome.

**Tip:** buy a meat thermometer to ensure you get the perfect result.

### **Step 3: Baking the Pork Tenderloin**

You don't need extra equipment for this stage. The skillet you used for searing is sufficient. Now that you have seared the pork tenderloin, apply some extra marinade to it. Place it in an oven or a baking dish that has been preheated to about 350 degrees F. Bake it till it reaches a temperature of about 425 degrees F.

Remove the pork tenderloin after about 25 minutes or until the center of the pork is no longer pink.

**Note:** the temperature and duration recommended for baking ensure the meat quickly becomes tender and doesn't dry out or overcooked.

### **Step 4: Resting the Pork tenderloin**

Let it rest for about 10 minutes before serving to allow it to absorb all the marinade. Don't hurry. Skipping this process to slice the pork tenderloin immediately after baking will make it lose its juices and become dry.

### **Step 5: Slicing the pork tenderloin**

Cut it into four or more slices, based on your preference, and serve. You can place some butter or margarine, garlic, and thyme on it and allow heat to melt it into it.

**Tip:** pork tenderloin tastes great with cauliflower rice.

## **Final Words**

Now that we have shown you [how to cook pork tenderloin in oven without foil](#), you can start using the recipe. The more times you repeat it the better you get at it.

Pork tenderloin really makes an excellent dinner. It is quite affordable, easy to prepare, and versatile enough to be had as a regular meal. It can also be served on special occasions like thanksgiving or a small dinner party.