



asian glazed pork tenderloin

ingredients

1 garlic clove, minced
1 teaspoon finely chopped fresh ginger
1 tablespoon hoisin sauce
2 scallions, white and light green parts only, finely chopped
1 tablespoon sherry vinegar
1 teaspoon finely chopped orange zest
1/3 cup fresh orange juice
1/2 teaspoon dark sesame oil
1 tablespoon vegetable oil
1/4 teaspoon salt
pinch of black pepper
2 pork tenderloins
a wooden spoon

1/2 cup chicken stock
orange slices for garnish



in a medium mixing bowl, combine all the marinade ingredients and whisk them until well blended. taste for seasoning. reserve 1/4 cup of marinade for the sauce. place the tenderloins in a shallow baking dish and pour the remaining marinade over the tenderloins, rolling them around until they are well coated. marinate, covered, in the refrigerator for 2 to 4 hours.

preheat the oven to 400°. place the pork tenderloins in a roasting pan and roast for 15 to 20 minutes or until an instant-read thermometer registers 160°F. remove the pork from the oven and let it stand for ten minutes. or, grill the pork on a medium-high heat for about 15 to 20 minutes, turning it as it browns.

while the pork is roasting, combine the reserved marinade with the chicken stock and bring it to a boil.

to serve, slice the pork into 1/4 inch pieces and arrange the slices overlapping on a platter. garnish with the orange slices and spoon the sauce over the meat. serve immediately.

Dear Diet, Things just aren't going to work between us. It's not me, it's you. You're tasteless, boring and I cant stand cheating on you. Let's break up.