CORIANDER SPIKED PORK TENDERLOIN

2 cloves garlic, crushed  1 tbsp (15 mL) packed brown sugar
2 tsp (10 mL) coriander  1/4 cup (50 mL) soy sauce
1 tbsp (15 mL) freshly ground pepper  2 pork tenderloins (3/4 lb/375 g each)

To prepare marinade, combine all ingredients except pork in a heavy zip-lock plastic bag. Remove 2 tbsp (25 mL) marinade; set aside. Prick pork several times with a fork. Add pork to marinade in bag and squeeze bag to coat pork with marinade; seal bag. Let stand 30 minutes. Remove pork from marinade and pat dry; discard marinade. Grill pork over low heat on natural gas barbecue for about 30 minutes or until a meat thermometer registers 160°F (71°C). Baste occasionally with reserved marinade. Let stand 5 minutes before slicing. Serves 4 - 6.

CHIPOTLE PORK TENDERLOIN WITH RASPBERRY SAUCE

3 tbsp (40 mL) raspberry vinegar  1/4 tsp (1 mL) salt
1 tbsp (15 mL) olive oil  1/4 tsp (1 mL) freshly ground pepper
1 canned chipotle pepper in adobo sauce, finely chopped, plus 1 tsp (5 mL) adobo sauce Raspberry Sauce, recipe follows
1 clove garlic, crushed  2 pork tenderloins (3/4 lb/375 g each)

To prepare marinade, combine vinegar, oil, chipotle pepper, adobo sauce, garlic, salt and pepper in a heavy zip-lock plastic bag. Add pork and squeeze bag to coat pork with marinade; seal bag. Let stand 30 minutes. Remove pork from marinade and pat dry; discard marinade. Grill pork over low heat on natural gas barbecue for about 30 minutes or until a meat thermometer registers 160°F (71°C). Let stand 5 minutes before slicing. Serve with Raspberry Sauce. Serves 4 - 6.

Raspberry Sauce

2/3 cup (150 mL) sieved raspberry jam  2 tbsp (25 mL) fresh lime juice
1/3 cup (75 mL) chopped green onion  1 tbsp (15 mL) finely chopped jalapeno pepper
2 tbsp (25 mL) chopped fresh parsley  1 tbsp (15 mL) chopped fresh cilantro

Combine all ingredients in a small bowl. Cover and refrigerate for at least 1 hour or up to 2 days. Makes 1 cup (250 mL).

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

MAPLE HERB PORK TENDERLOIN

1/4 cup (50 mL) maple-flavoured pancake syrup  1/4 tsp (1 mL) onion powder
2 tbsp (25 mL) butter, melted  1/4 tsp (1 mL) salt
1 tsp (5 mL) thyme, crumbled  1/4 tsp (1 mL) freshly ground pepper
1 tsp (5 mL) marjoram, crumbled  2 pork tenderloins (3/4 lb/375 g each)
1/4 tsp (1 mL) garlic powder

To prepare sauce, combine all ingredients except pork. Grill pork over low heat on natural gas barbecue for about 30 minutes or until a meat thermometer registers 160°F (71°C). Baste with sauce during last 10 - 15 minutes of cooking. Let stand for 5 minutes before slicing. Serves 4 - 6.

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SMOKY MAPLE GLAZED PORK TENDERLOIN

2/3 cup (150 mL) maple-flavoured pancake syrup  
1/4 tsp (1 mL) salt
2 tsp (10 mL) Dijon mustard  
2 pork tenderloins (3/4 lb/375 g each)
1 tbsp (15 mL) chopped canned chipotle peppers in adobo sauce

To prepare sauce, combine all ingredients except pork in a blender; puree until smooth. Reserve half of sauce to serve with pork; use remainder to baste pork. Grill pork over low heat on natural gas barbecue for about 30 minutes or until a meat thermometer registers 160°F (71°C). Baste with sauce during last 10 - 15 minutes of cooking. Let stand for 5 minutes before slicing. Serve with reserved sauce. Serves 4 - 6.

Cook’s Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

MUSTARD AND PARMESAN CRUSTED PORK TENDERLOIN

1/2 cup (125 mL) soft fresh bread crumbs  
1/4 tsp (1 mL) freshly ground pepper
1/2 cup (125 mL) chopped fresh parsley  
1/4 cup (50 mL) Dijon mustard
1/3 cup (75 mL) freshly grated Parmesan cheese  
3/4 tsp (3 mL) fennel seeds, crushed
1/2 tsp (2 mL) thyme, crumbled  
1 clove garlic, crushed
1/2 tsp (2 mL) salt  
2 pork tenderloins (1 lb/0.5 kg each)

Line a rimmed baking sheet with parchment paper. Combine first 6 ingredients (bread crumbs through pepper) in a shallow pan; set aside. Combine mustard, fennel seeds and garlic. Spread mustard mixture evenly over pork tenderloins. Roll tenderloins, one at a time, in bread crumb mixture to coat. Place tenderloins in prepared pan. Bake, uncovered, at 425ºF (220ºC) for 35 - 40 minutes or until a meat thermometer registers 160ºF (71ºC). Let stand for 5 minutes before slicing. Serves 6 - 8.

HERB AND GARLIC BAKED PORK TENDERLOIN

1 tbsp (15 mL) oil  
1/2 tsp (2 mL) freshly ground pepper
1/2 tsp (2 mL) rosemary, crumbled  
1/4 tsp (1 mL) garlic powder
1/2 tsp (2 mL) thyme, crumbled  
1/4 tsp (1 mL) salt
1/2 tsp (2 mL) paprika  
2 pork tenderloins (1 lb/0.5 kg each)

Combine all ingredients except pork in a heavy plastic bag. Add pork and squeeze bag to coat pork with seasoning mixture. Remove pork from bag. Place pork in a small roasting pan. Bake, uncovered, at 425ºF (220ºC) for 35 - 40 minutes or until a meat thermometer registers 160ºF (71ºC). Let stand for 5 minutes before slicing. Serves 6 - 8.

GINGER GLAZED PORK TENDERLOIN

1 tbsp (15 mL) grated fresh ginger  
1 tbsp (15 mL) oil
2 tsp (10 mL) sesame oil  
1/2 cup (125 mL) water
1 clove garlic, crushed  
2 tbsp (25 mL) orange marmalade
1/2 tsp (2 mL) salt  
1 tbsp (15 mL) soy sauce
2 pork tenderloins (1 lb/0.5 kg each)  
1/2 tsp (2 mL) chicken bouillon mix

Combine ginger, sesame oil, garlic and salt. Spread over all sides of pork. Heat oil in a frypan over medium heat. Add pork and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer pork to a plate. To prepare sauce, add water, marmalade, soy sauce and chicken bouillon mix to frypan. Bring to a boil, scraping to loosen browned bits. Return pork and any accumulated juices to frypan. Reduce heat and simmer, uncovered, turning pork occasionally, until a meat thermometer registers 160ºF (71ºC) and liquid is reduced, about 15 minutes. Let stand for 5 minutes before slicing. Slice pork and drizzle with sauce. Serves 6 - 8.