



Pork Tenderloin with Pomegranate and Orange Glaze

★★★★★

Pork

Prep Time: 20 minutes **Cook Time:** 45 minutes **Difficulty:** Medium **Servings:** 4 **Source:** From the Recipe Collection of Ian and Steph Smith

INGREDIENTS

Marinade:

- ¼ cup fresh orange juice
- 2 tablespoons soy sauce
- 2 tablespoons freshly grated ginger
- 2 tablespoons [pomegranate molasses](#)
- 2 tablespoons hot mustard
- 1 orange, grated zest
- 2 teaspoons finely minced garlic

2 x 12 oz. pork tenderloins

Glaze:

- ½ cup orange juice
- 3 tablespoons honey
- 3 tablespoons pomegranate molasses
- 2 tablespoons soy sauce
- 2 tablespoons reserved marinade
- 1 small star anise (optional)

DESCRIPTION

This recipe is based on one published on the internet [here](#).

DIRECTIONS

Marinade:

Combine all the marinade ingredients and stir until they are incorporated. Reserve the amount needed in the glaze and then add the pork tenderloins to the rest in a ziploc bag and put it in the fridge for 4 hours.

Glaze:

Blend the ingredients and cook them down till they just coat a spoon nicely. Let cool and check the texture. If cook it down too much it will harden.

Cooking:

Roast the tenderloins in a pre-heated oven at 400°F until the internal temperature reaches 140°F, about 35 minutes, turning and basting the meat with the glaze every 10 minutes or so. You can also run it under the broiler briefly to brown the meat after it is done.

Remove the meat from the oven when it reaches its temperature, cover, and let it rest for 10 to 15 minutes.

Cut the tenderloins on a slant thinly, plate and spoon the glaze over the meat. Serve with accompaniments.

NOTES

This makes a great small plate for a Pinot Noir tasting. If you'd like to increase the amount of sauce in the Glaze, you can pour some of the residual marinade into the glaze mixture and cook it down. We served with Parsnip puree and green peas.

Last Edited: Nov'24