

Bourbon Glazed Pork Tenderloin

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves: 6 - 8

CChints: If you don't have bourbon on hand you can purchase a tiny, few ounce size, bottle from your local liquor store. Hoisin sauce is Asian BBQ sauce and can be found at more markets in the Asian food section. Often times when you buy a 2 pound package of pork tenderloin, there are 2 one pound loins in the package.



1/3 cup hoisin sauce

2 tablespoons rice vinegar

2 tablespoons bourbon

1 tablespoon honey

1-1/2 teaspoons grated ginger plus 1 teaspoon ginger paste

1-1/2 teaspoons fresh lime juice, about 1 lime

1 glove minced garlic, fresh or from a jar

2 - one pound pork tenderloins

1/2 teaspoons salt and a dash of pepper

Cooking spray and a pastry brush

Get your grill ready. It needs to be at a medium temperature and coated with cooking spray.

In a small bowl, combine the hoisin sauce through garlic. Whisk well to combine the ingredients together.

Rinse the pork and make sure the excess fat is trimmed away. Pat it dry and place it on the grill and cook for 5 minutes with the lid down. Use a pastry brush to baste the pork with the sauce and cook another 5 minutes. Turn, baste and cook another 5 minutes. Keep doing this until the pork's internal temperature is 160 degrees F. Be careful not to let it burn. If it is not done in the center and it is trying to burn because of the sugars in the sauce, turn the heat down and let it bake with the lid down for 5 minutes at a time.

Remove from the heat and let it stand for 4 minutes to let the juices redistribute in the meat. If you cut into it too soon you will lose all those yummy juices. Slice into 1/2 inch thick pieces.

Serve with your favorite side dish like a heart-healthy rice and vegetable, like snowpeas.