

Mojo Pork Tenderloin with Orange Relish

Courtesy of Carole's Creations

Prep Time: 7 - 20 minutes *

Marinade Time: 1 hour

Cooking Time: up to 1 hour

Serves: 6

CChints: Mojo is a classic Cuban dip, marinade or sauce recipe with citrus juices, herbs and garlic. You can make it yourself with the recipe below or purchase a bottle of Mojo Criollo marinade in most markets.



You can save the rinds from the fruit by putting them in a sealed bag in the freezer. Then when you need the zest of a fruit, simply pull it out of the freezer, run it under tap water and zest it.

Pork Tenderloin:

2 pound Pork Tenderloin, fat trimmed
1 tablespoon olive oil
1/2 teaspoon cumin
1 teaspoon smoked paprika
1/2 teaspoon salt
dash of pepper

Mojo Criollo Marinade: *

1/4 cup fresh squeezed lime juice
1/2 cup fresh squeezed orange juice
1/2 cup Extra-virgin olive oil
1 teaspoon dried oregano, crushed
6 cloves minced garlic, fresh or jarred
2 tablespoons grated yellow onion

Orange Relish:

3 naval oranges, peeled or cut off the rind
1/3 cup thinly sliced red onions, cut into pieces
1/3 cup thinly sliced yellow, sweet onion, cut into pieces
1/4 cup chopped cilantro
Pinch of salt
1 Haas avocado
Serve with Corn on the Cob

If you are making your own marinade, whisk all the ingredients in a mixing bowl to combine their flavors well. If you are using a bottled marinade, shake it well with the cap on tight.

Remove the pork from the packaging. Sometimes when you purchase a 2 pound tenderloin is will come in a package of two 1 pound tenderloins. This will actually shorten your cooking time. Place the tenderloin in a large re-sealable bag and place the bag in a large pan with sides. The reason you need the pan is just incase the bag or seal leaks. Pour 1 cup of marinade in the bag and don't through away any extra juices because you will use them later in the relish. Carefully move the liquid all over the pork. Squeeze about half of the air out and seal it. Place the bag and the pan in the refrigerator and let marinade for 1 hour, turning it every 15 minutes.

During this time you can make the rub for the pork and Orange Relish. In a small bowl, combine cumin, paprika, salt and pepper and set aside. To prepare the peeled oranges for the relish, use a sharp knife and cut down each side of the divider membranes so that you only get an orange wedge with no white membranes. Cut all the way around the oranges to get all the wedges out and then cut those pieces in half and put them in a mixing bowl. Add the onions through the salt and the remaining marinade that you made or add 1/8 to 1/4 cup from the bottled marinade. Since avocados tend to turn dark when exposed to the air, wait until the last minute to cut and add it to the relish.

When the hour is up remove the pork from the refrigerator and let it sit at room temperature. Now is the time to heat up the grill or turn on the oven to 350 degrees F and locate your meat thermometer. Both methods of cooking are listed below.

Baking method: While the oven heats to 350 degrees F, locate a large baking dish and set it out on your counter and add the 1 tablespoon of olive oil evenly over the bottom of the pan. Remove the pork from bag and lay it in the oiled pan. Throw away the bag and the marinade. Get the bowl containing the cumin and other seasonings. Stir once more and sprinkle it over all areas of the pork.

Place in the oven and bake. If you have one 2 pound tenderloin, bake it for 40 – 60 minutes or if you have two 1 pound pieces bake them for 20-30 minutes. In either case, the pork is done when the temperature with the meat thermometer inserted comes to 160 degrees F.

Grilling method: You will want to cook the pork in a cast iron pan. Cooking it in the pan will keep you from losing those precious juices that will redistribute through the meat as it rests after cooking. Now is the time to put the pan on the grill to heat it up to 350 degrees F.

Remove the pork from bag and lay it back into the pan. Throw away the bag and the marinade. Get the bowl containing the cumin and other seasonings. Stir once more and sprinkle it over all areas of the pork. When the grill is hot, add the oil to the pan and transfer the pork to the grill.

If you have one 2 pound tenderloin, cook it for 40 – 60 minutes, turning it every 15 minutes. If you have two 1 pound pieces cook them for 20-30 minutes, turning it every 10 minutes. In either case, the pork is done when the temperature with the meat thermometer inserted comes to 160 degrees F.

BOTH methods:

While the pork cooks, now is the time to cook your corn on the cob or other side item. Just make sure that you time it so they are done when the pork is done. Do a little clean up, set the table, and get ready for a lovely meal. When the pork is done remove it from the heat and transfer it to a cutting board. Allow it sit so the juices to redistribute through the meat. Meanwhile, cut the avocado and add it to the relish.

To cut the avocado, run a sharp knife lengthwise around the fruit. Gently pull apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Take one half at a time and slice the flesh in 3 equal sliced lengthwise and turn it sideways and make 4-5 slices. Use a spoon to lift out the flesh and it will come out already cut into pieces. Sprinkle the lemon or lime juice over the avocado so it doesn't turn dark when exposed to the air.

Slice the meat and spoon the juice over the meat. Put slices of pork on each plate, top with a little relish and add your side dish. Enjoy.

Any leftover pork can be stored in a refrigerated container for up to 4 days. You can slice it up for a pork sandwich or put it on a nice garden salad with your favorite dressing.