

MAY RECIPE

RECOMMENDED PAIRING: 2010 FANTI BRUNELLO DI MONTALCINO

INGREDIENTS

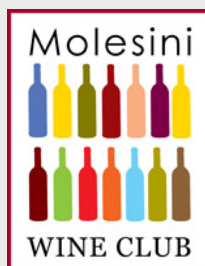
- 2 pork tenderloins, each weighing around 1 LB (450g)
- 4 garlic cloves, minced
- 1 cup (235ml) Dijon mustard
- 2 tablespoons (30ml) brown sugar
- 1 tablespoon (15ml) honey
- 1/2 cup (118ml) soy sauce
- 1 1/2 tablespoons (23ml) Worcestershire sauce

TIME

- Prep Time: 5 minutes, plus 2-24 hours for marinating
- Cook Time: 25 minutes, plus 10 minute rest

SERVING SIZE: 4-6

This succulent pork is tender, juicy, succulent, and addictive. Do not overcook!



DIJON MARINATED PORK TENDERLOINS

1. Make the marinade by combining all the ingredients, other than the pork, in a small bowl. Place tenderloins in a Ziplock bag and pour in the marinade. Close bag, trying to remove some of the air, and massage to get the pork completely covered. Refrigerate for at least 2 hours and up to 24 hours.

2. Prepare your grill. You can use a live fire, charcoal or gas grill set to medium heat. Remove meat from Ziplock, keeping the marinade for basting, and place on the grill. Baste every 5 minutes no matter how you cook it.

No grill? You can sear the meat in an oven-proof skillet in a tablespoon of olive oil on top of your range until brown on all sides (about 10 minutes total) and then place the skillet in a 375F (190C) oven to finish for about 15 minutes.

3. Grill the meat for approximately 25 minutes, until a meat thermometer registers 140F (60C). Rotate and flip it over frequently, basting with the remaining marinade.

4. Remove from heat and let rest 5-10 minutes before slicing on the diagonal. Plate and serve with risotto or grilled asparagus.