

Classic Sweet-Glaze Rotisserie Pork Tenderloin

Serves: 4

Prep Time: 10 minutes

Cook Time: 35–40 minutes

Total Time: ~50 minutes

Ingredients

For the Pork:

- 1 (1½–2 lb.) pork tenderloin, trimmed of silver skin
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika (optional, for color and mild depth)

For the Sweet Glaze:

- ¼ cup honey
 - ¼ cup brown sugar (light or dark)
 - 2 tablespoons orange juice (or pineapple juice)
 - 1 tablespoon soy sauce
 - 1 tablespoon Dijon mustard
 - 1 teaspoon apple cider vinegar
 - 1 clove garlic, finely minced
 - ½ teaspoon red pepper flakes (optional)
-

Instructions

1. Prepare the Pork

Pat the pork tenderloin dry with paper towels. Rub lightly with olive oil, then season evenly with salt, pepper, garlic powder, and smoked paprika.

👉 Tip: Drying helps the seasoning stick and improves browning.

2. Make the Glaze

In a small saucepan, combine **honey, brown sugar, orange juice, soy sauce, Dijon mustard, vinegar, garlic, and red pepper flakes**.

Bring to a gentle simmer over medium heat, stirring until the sugar dissolves and the mixture thickens slightly (about 3–4 minutes).

Set aside half for brushing during cooking; reserve the rest for serving.

3. **Thread on Rotisserie Spit**

Secure the pork tenderloin evenly on the rotisserie spit or skewers so that it balances well and rotates smoothly. Tighten forks firmly to prevent wobbling.

4. **Preheat Air Fryer**

Preheat your air fryer with rotisserie function to **370°F (188°C)** for about 3 minutes.

5. **Cook on Rotisserie**

Insert the spit into the air fryer. Cook for **35–40 minutes**, brushing with glaze every 10–15 minutes.

✅ **Internal temperature:** Check with a thermometer — when the thickest part reaches **145°F (63°C)**, it's done.

6. **Rest the Meat**

Carefully remove the spit and let the tenderloin rest for **10 minutes** (covered loosely with foil). This helps the juices redistribute for maximum tenderness.

7. **Glaze & Slice**

Brush once more with warm glaze, then slice into medallions about ½ inch thick.

Drizzle extra glaze on top before serving.

Serving Ideas

- Serve with **garlic mashed potatoes**, **roasted vegetables**, or **buttered green beans**.
- Pair with a **fresh citrus salad** (orange slices, arugula, and toasted almonds) to balance the sweetness.
- For a tropical twist, serve with **coconut rice** and **grilled pineapple**.

Tips for Success

- **Avoid overcooking:** Pork tenderloin dries easily; remove it at 145°F — it will rise a few degrees as it rests.
- **Don't skip the glaze rest:** Each brushing builds a lacquered, flavorful crust.
- **Want more depth?** Add 1 tablespoon of **balsamic vinegar** or **bourbon** to the glaze.

Would you like me to give you a **printable version** (formatted recipe card with measurements and instructions) or a **variation** — like a **bourbon-maple**, **Asian soy-ginger**, or **smoky chipotle-honey** version next?