

Indonesian Pork Tenderloin with Sweet Soy Marinade (Serves 8)

Ingredients

- 3–4 pork tenderloins (about 3 lbs total, ~6–8 oz per person)
- 4 tbsp vegetable oil (or coconut oil)
- 6 cloves garlic, minced
- 2-inch piece fresh ginger, grated
- 3 tbsp lime juice
- 8 tbsp kecap manis (Indonesian sweet soy sauce)
- 3 tbsp soy sauce
- 3 tbsp brown sugar or honey
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1–2 red chilies, finely chopped (or 1 tsp chili flakes, optional)
- 2 tbsp rice vinegar
- 2 tbsp fish sauce (optional, adds depth)
- 1 tsp black pepper
- 1 tsp salt

For garnish:

- Fresh cilantro or green onions, chopped
- Lime wedges
- Optional: toasted sesame seeds

Instructions

- 1. Prepare the Marinade**
 - In a large bowl, whisk together oil, garlic, ginger, lime juice, kecap manis, soy sauce, brown sugar/honey, coriander, cumin, chili, vinegar, fish sauce, salt, and pepper.
- 2. Marinate the Pork**
 - Place pork tenderloins in a large resealable bag or dish.
 - Pour marinade over and coat well.
 - Refrigerate for at least **2 hours**, ideally overnight for deeper flavor.
- 3. Cook the Pork**
 - Option A – Oven Roast:**
 - Preheat oven to **400°F (200°C)**.
 - Place pork on a baking sheet or roasting pan.
 - Roast for **20–25 minutes**, or until internal temp reaches **145°F (63°C)**.

- Let rest for 10 minutes before slicing.

Option B – Grill:

- Preheat grill to medium-high.
 - Grill pork for **15–20 minutes**, turning occasionally, until cooked through (145°F).
 - Rest 10 minutes before slicing.
4. **Serve**
- Slice pork into medallions.
 - Drizzle with any pan juices or a little warmed reserved marinade.
 - Garnish with cilantro, green onions, lime wedges, and sesame seeds.
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Suggested Sides

- **Lime-Cilantro Rice or Indonesian Coconut Rice (Nasi Uduk)**
- **Acar Timun (Pickled Cucumber & Carrot Salad)**
- **Stir-fried Green Beans with Garlic & Sambal**