



Sweet and Sour Pork Tenderloin with Mumbo Sauce

1 pork tenderloin (about 1-1/2 to 2 lbs)
About 1 teaspoon Kosher salt
1 large onion, peeled; halved
1 large red, orange, or green bell pepper, stemmed, seeded and halved
3 round 1/2 inch thick sliced fresh pineapple, skin removed
Vegetable oil as needed
1/4 cup unsalted cashews*
1/2 cup D.C. Mumbo Sauce

Garnish:

Serve with 4 servings of cooked rice
2 Tbsp. (each) chopped fresh chives; chopped green onion if desired

Trim off any excess fat and silver skin from the pork. Slice the tenderloin in half lengthwise. Salt the meat and dry brine in the refrigerator for an hour or two before grilling.

Coat the onion, peppers, and pineapple with a thin layer of oil.

Place nuts in dry frying pan; cook over medium heat to lightly toast; set aside.

Grilling:

Set up a grill with two zones; get the indirect zone to 325 degree F.

Start grilling the onion, peppers, and pineapple over the hot part of the grill with the lid closed. Turn the food during grilling and remove when limp and grill marked. Cut into bite size chunks. Set aside in metal bowl on the indirect part of grill to stay warm

Place Sauce on indirect part of grill to stay warm.

Put the meat on direct heat side and cook with the lid open. Turn meat to lightly brown all sides. Cook meat until 140 degrees F internal temperature at thickest part.

Cut cooked pork in half lengthwise again; then slice crosswise into bite size chunks. Add to grilled vegetables in bowl.

Place cooked rice on serving platter; top with pork and vegetables. Spoon sauce over pork vegetable mixture. Add toasted nuts; garnish top with chopped chives

Meathead's Suggestions: Add minced hot peppers as desired.

Cook's Note: I used 1 red bell pepper; half green pepper; half orange pepper; *spicy peanuts; additional sauce; and mint leaf sprigs for garnish.

Meathead's Mumbo Sauce

1 cup granulated sugar
1 cup distilled white vinegar
1 cup pineapple juice or tropical fruit juice
1/2 cup (4 ounces) tomato paste*
4 teaspoons soy sauce
1 teaspoon ground ginger
1/2 teaspoon hot sauce or as desired

Mix all ingredients in a saucepan; whisk to combine until smooth. Simmer over low heat for about 20 minutes to combine flavors and lightly thicken.

Yield: about 2-1/2 cups

Meathead says: Sauce can be used to drizzle over food or serve as a dipping sauce. Can be refrigerated and used for months.

Cook's Note: I used tropical fruit juice and 1/4 cup concentrated tomato paste. I cooked it until it was slightly thickened.

Recipe from: Goldwyn, Meathead. *The Science of Great Barbecue and Grilling*. New York: Houghton Mifflin Harcourt, 2016; pp. 195; 212; 214.

About the Recipe: Guess what? This is a healthier way to prepare this Chinese classic dish. You don't have to deep fry the pork. Grilling the pork is easy and so tender. An added bonus is grilling caramelizes the pineapple and peppers adding that extra level of flavor.