



Island Inspired Pork Dinner

A special dinner filled with festive flavors

Special Preparation Hint:

This dish is easy to prepare if you prepare the small sides ahead of time, store them in the refrigerator, and rewarm right before serving while the meat is resting.

Pickled Red Onions

2 Tablespoons fresh lime juice

1/2 Tablespoon granulated sugar

1/2 teaspoon salt

Fresh black pepper

1 small red onion or 1/2 large red onion, peeled, sliced thinly

- Stir first 4 ingredients together in small bowl until dissolved and well mixed
- Place in small plastic bag; add onions, mix to combine onions with juice mixture.
- Seal; set aside in refrigerator until serving.

Caribbean Black Beans

3 slices bacon, diced
1/2 cup chopped red onions
1/2 roasted poblano peppers or green peppers, seeded, chopped
2 cloves garlic, minced
½ teaspoon oregano
1 (15 oz.) can black beans, rinsed and drained
1/3 cup vegetable broth
1 Tablespoon chopped pimento peppers, drained
Black pepper to taste

- In a skillet, sauté bacon over medium heat until crisp; remove cooked bacon from pan set aside.
- Note: if you use precooked bacon for this recipe, place 1 Tablespoon oil in skillet.
- Add onion to oil or bacon drippings; cook to soften; stir in peppers and garlic; sauté for about 1 minute.
- Stir in reserved bacon, oregano, black beans, broth, and pimento peppers; bring to a boil; reduce heat; simmer for 15 minutes or beans are softened; season with black pepper as desired.
- Set aside until serving.

Mojo Inspired Sauce with Mango Salsa

1/2 cup fresh orange juice
1 Tablespoon fresh lime juice
1/2 teaspoon garlic salt
2 Tablespoons mild or hot red pepper relish
1 fresh mango, peeled, sliced
1 to 2 Tablespoons minced fresh cilantro

Combine first four ingredients in a small bowl; set Mojo sauce aside.

Chop sliced mango into salsa chunks; place in small bowl.

Stir in 1/4 cup prepared mojo sauce; set remaining sauce aside.

Stir cilantro into mango salsa; set aside.

Rice Side and Garnish:

Cooked long grain rice for two or four – prepare according to package directions

Garnish: Fresh Cilantro Sprigs as desired

Island Wrapped Pork Tenderloin

Drizzled with inspired mojo pepper sauce

1 teaspoon barbecue seasoning
1 teaspoon salt
1/4 teaspoon ground black pepper
1-1/4-pound pork tenderloin, trimmed
1 (3 ounce) packed sliced deli ham
2 Tablespoons avocado oil

Preheat oven to 400 degrees F.

Combine Pork Seasonings: In a small bowl, combine barbecue seasoning, salt, and ground black pepper; season pork tenderloin on all sides. Set aside.

Wrap up Pork Tenderloin: Remove all silver skin from pork tenderloin with a pairing knife. Place overlapping ham slices the length of the pork tenderloin on a piece of waxed paper or cutting board. Place pork tenderloin loin on top of ham slices. Wrap ham slices around pork tenderloin; tie ham pieces with kitchen string and/or toothpicks if needed.

Bake Pork Tenderloin: In an oven-safe large skillet, sear pork loin in 2 Tablespoons oil on all sides, about 10 minutes, flipping over halfway through cooking process. Place skillet in preheated oven; roast pork depending on the diameter size of the tenderloin about 8 to 12 minutes and until 145 degrees F internal temperature. Remove pork to dish; cover with aluminum foil to rest for about 10 minutes. Remove any kitchen string. Set aside to stay warm. Add pork drippings to the prepared Mojo Sauce. Warm Black Beans, Rice, and Mojo Sauce separately in the microwave before serving.

To Serve: Cut pork into ¾ inch slices; arrange on serving dish; drizzle with Mojo Sauce, place cooked rice, black beans on platter. Spoon Mango Salsa over center of plate; garnish with pickled red onions and sprigs of fresh cilantro as desired. Serves: 2 or 4 small servings

Recipe Inspired by: *Cuisine at Home* 2004

About the Recipe: This tropical island inspired pork tenderloin combines side dishes and an add-in to create a special, gourmet dinner. Wrapped with smoky ham, it's drizzled with lightly peppered Mojo sauce and served with fluffy rice, bacon flavored black beans, and topped with fresh, juicy mango salsa and pickled onions. It's filled with vibrant flavors that are sure to bring smiles to the table.