

Marinated Pork Tenderloin



Ingredients

2 pork tenderloins	1 tbsp brown sugar
2 tbsp peanut oil	1 tbsp lemon juice
1/4 cup soy sauce	2 cloves garlic, finely chopped
2 tbsp honey	Freshly ground black pepper
2 tbsp Dijon mustard	1 tbsp parsley, finely chopped
1 tbsp kecap manis (sweet soy)	1 sprig fresh rosemary

Directions

Step 1 – Trim the silver skin and any excess fat from the pork tenderloins. Mix the peanut oil, soy sauce, honey, mustard, kecap manis, brown sugar, lemon juice, garlic and black pepper in a large bowl and marinate the pork pieces for at least 2 hours or overnight.

Step 2 - Prepare the BBQ for indirect cooking over medium heat (180 – 200°C). Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 3 – Remove the pork from the marinade, reserving the marinade. Place the pork into the BBQ, along with the rosemary sprig, away from direct heat and roast for around 15 minutes or until the pork reaches an internal temperature of around 50°C. Once roasted, move the tenderloins to a direct cooking zone in the BBQ, over direct heat (or remove the Weber Q trivet and convection tray) and cook quickly, turning to brown the pork on all sides. Once an internal temperature of around 60°C - 65°C has been reached, remove the pork from the BBQ, cover tightly with foil and allow to rest. Discard the rosemary.

Step 4 – Add the reserved marinade to a small saucepan and simmer until slightly reduced.

Step 5 – Once rested, cut the tenderloins into 1cm thick slices, garnish with the chopped parsley and serve with the marinade sauce.

