

Cranberry Glazed Pork Tenderloin

Recipe by Chocolate Moosey



Ingredients:

Pork tenderloin (I actually cooked two. One to eat, one to freeze for another time.)

Chicago steak seasoning (or seasoning of your choice)

1 (12 oz.) bag fresh cranberries

1 1/4 cup sugar

2 Tbsp. orange zest (from 1 large orange)

1/4 - 1/3 cup fresh ginger, minced

1/4 cup orange juice

1 1/4 cup water

1 Tbsp. fresh chopped rosemary

Directions:

This is one of those sauces where all you have to do is combine all the ingredients in a saucepan and let it go! Really. That's it. Combine fresh cranberries, (*frozen cranberries will work just fine.*), sugar, orange zest, minced ginger, orange juice, water, and sugar. Allow the cranberries to come up to a boil and cook for about 10-15 minutes. At some point, the cranberries will start to "pop." Then you can lower the temperature down to a simmer for a while until it gets to the desired consistency. Now add the chopped rosemary.

You can keep the sauce on a low simmer or turn off completely. The sauce can easily be refrigerated if making ahead. Also, depending on the texture and appearance you desire, you can either leave it chunky or you can pass the sauce through a fine mesh sleeve to get all the chunks out and have a smooth sauce.

Now for the pork... Season the pork liberally with the seasoning of your choice. Sear the pork on ALL sides in hot (canola or vegetable) oil. We want to sear in the juices and also have a beautiful crust on the outside. Be sure to pat the meat dry before you do this, or it will not develop that beautiful brown color. You can see here that one of my tenderloins had more moisture on it than the other, and did not brown as well. After the meat is seared, insert a digital thermometer into the thickest end of the pork. I use the kind that has a coated wire that leads from the inside of the oven to the outside. You can set the desired temperature of the meat so there is no guess work. The temperature goal is 145-150 for taking the pork out. Remember, the pork will continue to cook even after you remove it from the oven while it "rests" for about 10 minutes. You don't want it overdone or dried out. After getting the thermometer set, pour the cranberry glaze over the tenderloins. Bake uncovered at 375 degrees F until internal meat temperature reaches 145-150 degrees F. This will depend on the size and weight of the meat. Most likely around 20-25 minutes.

PLEASE allow the meat to rest for about 10 minutes before cutting into it. You must give it time to rest. This will redistribute the juices in the meat. If you do not, all the juices will run out all over the cutting board and out of the meat. This would result in a drier product. Dry meat = not good.

Slice the pork into 1/2 inch pieces. Mmmm... Isn't it pretty? You can see the whole in the middle of that front piece where the thermometer was going through it. So our final product is fresh, fragrant, slightly spicy cranberry glaze baked onto a juicy pork tenderloin. Yum! I served with twice baked sweet potatoes, stuffed zucchini, and saffron rice.