

CHINESE BARBECUED PORK LOIN



Ingredients:

2 pound pork loin, trimmed

3/4 cup Chinese barbecue sauce

1/2 t minced garlic

1 1/2 T white vinegar

1 1/2 T reduced-sodium soy sauce (preferably tamari)

1 1/2 T dry sherry

1 1/2 T minced onion

1/8 t dried red pepper flakes

Salt and pepper

1/3 cup thinly sliced green onions

Directions:

Cut pork loin in half crosswise, then slices almost in half lengthwise, leaving 1/2 to 1 inch attached at bottom.

Place pork in large plastic food bag. In a small bowl, combine barbecue sauce, garlic, vinegar, soy sauce, sherry, onion and red pepper flakes. Set aside 3 T and add remaining mixture to pork in the bag. Coat pork and seal bag. Marinate at room temperature 30 minutes, turning pork several times.

When ready to cook, half fill shallow roasting pan with hot water. Place wire rack in pan. Remove pork from marinade, reserving marinade. Season pork generously with salt and pepper. Arrange pork in single layer on rack. Roast at 400 degrees 10 minutes. Turn and brush with marinade. Roast another 10 minutes. Turn and brush again. Roast until browned, about 10 minutes more.

To serve, cut across grain into 1/2 inch-thick-slices. Arrange slices over platter of noodles. Drizzle meat with the 3 tablespoons reserved sauce. Garnish with sliced green onions. Serve hot or at room temperature.