

Hoisin-Sesame Pork Tenderloin Medallions

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Quick and easy dish to throw together in a hurry.

2 pounds pork tenderloin, two whole
salt and pepper to taste
2 tablespoons vegetable oil
1 tablespoon fresh ginger, minced
1/4 cup hoisin sauce
1/2 cup orange juice
1/2 cup low-sodium soy sauce
1 teaspoon sesame oil
2 whole green onions, sliced, for garnish

Serving Ideas: Be sure to serve with some kind of starch that will soak up some of the juice. If you really like the sauce, double it.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

If you don't want the soy sauce to be too predominant, use half soy sauce and half broth.

1. Trim pork of all fat and silverskin. Slice the pork across the grain into 1-inch medallions. Lightly pound pork on the cut sides to about 3/4 inch thick cutlets. Season well with salt and pepper.
2. Heat oil in a large, regular (not nonstick) skillet over medium heat. Add pork and cook in batches for 1 1/2 minutes per side or until well browned. Remove to a plate and set aside. You'll want to have pink juices flowing from the meat because it's not fully cooked at this point.
3. Add ginger to the skillet and toss for just 15 seconds. Add hoisin sauce, juice and soy sauce. Coo, stirring up any brown bits from the bottom of the pan and simmer until liquid is reduced to about one cup, about 2-3 minutes.
4. Return pork medallions to the skillet, turning each piece to coat in sauce. Simmer until pork is JUST cooked through, about 4-5 minutes. Drizzle the sesame oil and sprinkle with scallions and serve.

Per Serving (excluding unknown items): 276 Calories; 11g Fat (36.3% calories from fat); 34g Protein; 9g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 1049mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.