

## ***Baked Pork Tenderloin with Orange Onion Sauce***

Author: My own concoction.

***Carolyn T's  
Main Cookbook***

**Servings: 3**



**1 pound pork tenderloin**  
**1 whole garlic clove, minced**  
**1/4 cup orange juice**  
**1 1/2 tablespoons extra virgin olive oil**  
**Salt and pepper to taste**  
**1 tablespoon extra virgin olive oil**  
**SAUCE:**

**1 tablespoon orange zest**  
**1/2 cup orange juice**  
**2 tablespoons extra virgin olive oil**  
**1 whole yellow onion, halved, sliced**  
**1/2 cup vermouth**

**GARNISH:**

**Italian parsley & orange zest**

***Blog: Carolyn T's Blog:***

***<http://tastingspoons.com>***

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*Per Serving (excluding unknown items): 465 Calories;  
26g Fat (56.0% calories from fat); 33g Protein; 13g  
Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol;  
89mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2  
Vegetable; 1/2 Fruit; 4 Fat.*

*Notes: The calorie and fat content assumes you eat the marinade, which you do not, of course. If you like dried cranberries, add a few of them into the sauce too. If they're particularly large ones, cut them in half.*

1. Carefully trim the pork tenderloin of silverskin and most of the fat.
2. In a ziplock plastic bag combine the garlic, orange juice, olive oil plus salt and pepper. Add the pork and seal. Squish it around and refrigerate for several hours, turning several times.
3. Preheat oven to 400. Remove pork from marinade and allow to sit at room temp for about 20 minutes. Discard marinade. Dry off pork with paper towel.
4. Heat a medium skillet (large enough to hold the pork), and add the additional olive oil to the pan. Sear the pork on 3-4 sides to brown, about 1-2 minutes each surface. Remove to a small baking sheet lined with a Silpat (or foil).
5. Bake pork for about 15-20 minutes, until the meat has reached 140 (use meat thermometer). Remove from the oven and lightly tent with foil for about 10 minutes. Meat temperature will continue to rise during this time.
6. SAUCE: While the pork is baking make the sauce. In the same skillet used to brown the meat add olive oil and heat until it begins to shimmer. Add the sliced onion and saute on medium heat until the onion is translucent, and may even lightly brown on cut edges. Do not burn. Add the orange juice and vermouth and cook for another 10 minutes covered, at a simmer, stirring occasionally. If all the liquid evaporates add a bit more vermouth just to keep the onions moist. Season with salt and pepper and just before serving add the orange zest.
7. Slice the pork tenderloin on a slight angle, making slices about 1/3 inch thick and spoon the onion orange sauce on top of each slice. May also garnish the pork with finely minced Italian parsley and additional orange zest.