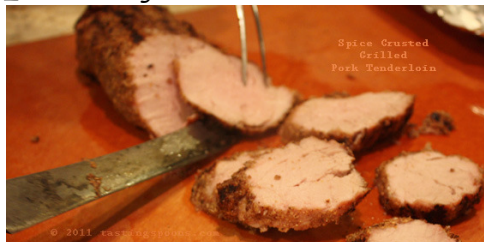


# Spice Crusted Grilled Pork Tenderloin

Cook's Country (June/July 2010)

TheBittenWord blog

[http://www.thebittenword.com/thebittenword/2010/06/spicecrusted-grilled-pork-tenderloin.html?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+TheBittenWord+%28The+Bitten+Word%29&utm\\_content=Google+Reader](http://www.thebittenword.com/thebittenword/2010/06/spicecrusted-grilled-pork-tenderloin.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheBittenWord+%28The+Bitten+Word%29&utm_content=Google+Reader)



Crusty pork tenderloin with loads of spices.

2 pounds pork tenderloin (two)

1/2 tablespoon mustard seeds, cracked

1 tablespoon coriander seeds, cracked

1 teaspoon black peppercorns, cracked

1 teaspoon turbinado sugar, or Demerara

1 teaspoon kosher salt

1 tablespoon cornmeal

1/2 cup cornstarch

2 large egg whites

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

## Servings: 6

*If you don't have an electric spice grinder, crack the spices - place them in two zipper-lock bags, one inside the other, and press or gently pound with a skillet, rolling pin, or meat mallet. If you don't have kosher salt, use  $\frac{1}{2}$  teaspoon table salt. If the pork tenderloins are large, they will serve 4 smaller servings per tenderloin.*

1. **PREPARE GRILL** | Heat all burners on high for 15 minutes. Leave primary burner on high and turn other burner(s) off. (For charcoal grill, open bottom vent on grill. Light about 100 coals; when they are covered with fine gray ash, spread over half of grill. Set cooking grate in place and heat covered, with lid vent open completely, for 5 minutes.) Scrape and oil cooking grate.

2. **COAT PORK** | Meanwhile, pat pork dry with paper towels. Combine mustard seeds, coriander seeds, peppercorns, sugar, salt, and cornmeal on rimmed baking sheet. Place cornstarch in large bowl. Beat egg whites in second large bowl until foamy. One at a time, coat tenderloins lightly with cornstarch, dip in egg whites, and transfer to rimmed baking sheet to coat with spice mixture.

3. **GRILL PORK** | Spray tenderloins lightly with cooking spray and grill, -covered, over hot side of grill, turning occasionally, until browned all over, 6 to 8 minutes. Slide pork to cooler side of grill and continue to cook, covered, until meat registers 145 degrees, 6 to 12 minutes longer. Transfer pork to carving board, tent with foil, and let rest 5 -minutes. Slice and serve.

Per Serving (excluding unknown items): 245 Calories; 6g Fat (21.4% calories from fat); 34g Protein; 13g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 409mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.