

Simple Grilled Pork Tenderloin

Recipe courtesy Emeril Lagasse, courtesy Martha Stewart Living Omnimedia, Inc.

Ingredients:

- 1/2 cup olive oil
- 1/4 cup minced garlic
- 1/4 cup fresh orange juice
- 1 tablespoon minced fresh marjoram
- 1 teaspoon orange zest
- 2 (3/4 to 1pound each) pork tenderloins, trimmed
- 1 teaspoon Kosher salt
- 1/2 teaspoon ground white pepper
- 1 teaspoon vegetable oil

Preparation

Combine the olive oil, garlic, orange juice, marjoram and orange zest in a non-reactive container. Add the tenderloins, cover, and refrigerate overnight.

Remove from the refrigerator and discard marinade. Wipe excess marinade from pork and season the tenderloins with the salt and pepper.

Heat a grill pan over medium high heat. When hot, add the vegetable oil and then add tenderloins and cook, turning as needed, until well-marked on all sides and pork is just cooked through, about 21 minutes total. Set aside to cool completely.

Once cooled, slice each tenderloin crosswise into 18 to 20 slices about 1/4 inch thick. Use as desired.

Yield: 2 pork tenderloins, 4 servings

LEFTOVER PORK STIR-FRY

- 1 tablespoon olive oil
- 2 cups blanched and trimmed assorted vegetables, such as snow peas, carrots, mushrooms, squash, or 2 cups frozen Asian Vegetables
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups leftover pork tenderloin, sliced (from Simple Grilled Pork Tenderloin)
- 1 orange, cut in half
- Cooked white rice, for serving, optional

In a large wok over high heat, add olive oil. When the oil begins to shimmer, add the vegetables and season with salt and pepper. Continue to cook for about 2 minutes or until they begin to soften. Add the leftover pork tenderloin and squeeze one whole orange over the stir-fry. Stir to combine and cook, stirring, until heated through but vegetables are still crisp-tender. Serve hot over cooked white rice if desired.

Yield: 2 to 4 servings