

Herb Marinated Pork Tenderloin

¼ cup soy sauce
¼ cup Worcestershire sauce
¼ cup canola oil
1 tsp. dried thyme
1 tsp. dried marjoram
1 tsp. rubbed sage
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. ground ginger
1 tsp. sea salt
1 tsp. black pepper
2 (1 ½ lb.) pork tenderloins

- Stir together the first 11 ingredients in a heavy duty Ziploc bag.
- Trim pork of any excess fat and tendon.
- Place pork into the bag, turning to coat all of it well.
- Expel as much air as possible, and zip to close.

At this point you may choose to label and freeze the pork for later use. When ready to use (thaw if frozen) and proceed as follows.

- Allow pork to stand at room temperature for 30 minutes or chill for 2 hours.
- Remove from marinade, discarding the marinade.
- To oven-cook, spray a roasting rack with cooking spray and place pork on rack in a roasting pan; and bake at 350° for 40 minutes or until a thermometer inserted into the thickest portion registers 160°.
- To grill, preheat grill to 350° to 375°, and place pork over indirect heat*.
- Grill for 30-40 minutes, turning once after 20 minutes, or until thermometer inserted into the thickest portion registers 160°.

*For Indirect heat, preheat a gas grill with all burners on, and then turn the center burners or the ones on one end off. Cook meat over the burners that are shut off. For charcoal, after the coals are heated up, move the coals to one side and cook meat over the opposite side.

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