

Island Pork Tenderloin

(Recipe source *The Gourmet Cookbook*)

Ingredients:

FOR PORK

1 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon cinnamon
1 pork tenderloins (a little over 1 pound)
1 tablespoons olive oil

FOR GLAZE

1/2 cup packed dark brown sugar
1 clove garlic, minced
1/2 tablespoon hot sauce (Tabasco)

Directions:

FOR THE PORK

Preheat oven to 350 degrees (I had my oven at 375 because I was also roasting potatoes. I just watched the internal temperature closely.)

Stir together salt, pepper, cumin, chili powder and cinnamon and coat pork with spice rub.

Heat oil in an ovenproof 12-inch heavy skillet over medium high heat until just beginning to smoke. Brown pork on all sides, about 4 minutes total. Remove from heat.

FOR THE GLAZE AND TO ROAST THE PORK

While the pork is browning, stir together brown sugar, garlic and hot sauce. Once you remove pork from heat, spread glaze onto top of each tenderloin. Roast in oven until thermometer inserted in center of tenderloin registers 140 degrees, about 20 minutes. Tent with foil and let pork stand in skillet at room temperature 10 minutes. (Temperature will rise to about 150-155 while standing.) Slice and serve.

Yield: 2 servings