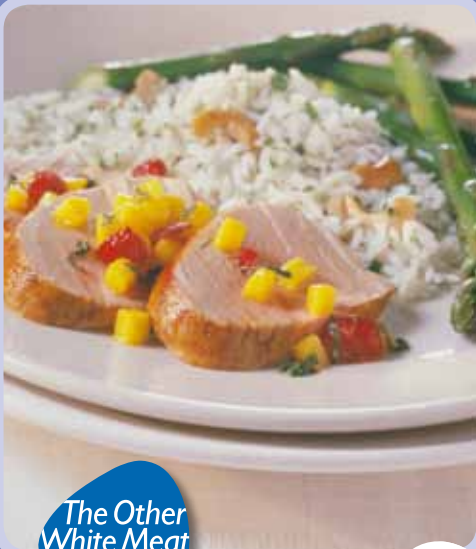




*The Other
White Meat*

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**Chamoy-
Marinated
Pork Tenderloin
with Mango Salsa**



Chamoy-Marinated Pork Tenderloin with Mango Salsa

- 2 pork tenderloins (about 2 lb.)
- 1½ T. olive oil or vegetable oil
- Salt and freshly-ground black pepper

Chamoy Sauce

- 1 10-oz. jar of 100% apricot fruit spread
- 2–3 dried morita chiles
- ¾ cup fresh lime juice, fresh
- ½ cup sugar
- 1 T. salt

Salsa

- 2 mangos (about 1 lb.) peeled, cut into ½ inch pieces
- 1 medium red onion, peeled, cut into ½ inch pieces
- 1 jícama (about 1 lb.) peeled, cut into ½ inch pieces
- ¼ cup cilantro, chopped without bottom stems

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Chamoy: Toast chiles on a dry medium-hot skillet, pressing them flat, until they are aromatic, 10 seconds per side. Scoop into a bowl, cover with hot tap water and rehydrate 30 minutes, stirring to insure even soaking. Drain (discard water), transfer to a blender. Add fruit spread, lime juice, sugar and salt. Puree. Measure ½ cup into a small bowl to glaze meat. Set the rest aside.

Sear and roast pork. Heat oven to 400°F. Heat the oil in a 12-inch skillet over medium-high. Salt and pepper tenderloins. Lay the seasoned pork in the skillet, sear on all sides, 7-8 minutes total. Remove from the skillet, lay on a rack set on a rimmed baking sheet. Brush the pork with the reserved chamoy. Roast pork in oven until done to medium, 20 minutes (the internal temperature reaches 145°F). Remove from oven, cover with foil and let rest 10 minutes before slicing.

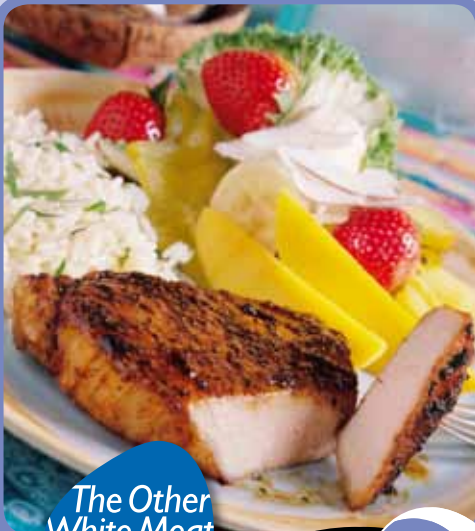
Salsa: In a bowl combine mango, jícama and cilantro. Scoop onion into a small strainer, rinse under cold water and shake off excess; add to the bowl. Scoop in ½ cup of remaining chamoy and mix into the salsa.

Serve: Slice pork into ½-inch pieces. Lay overlapping slices onto individual plates or a platter, spoon on a little salsa and serve. Serves 6.



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**Jamaican
Rubbed
Chops**



Jamaican Rubbed Chops

- 4 pork chops, about ¾-inch thick
- 2 tablespoons brown sugar
- 1 garlic clove, minced
- 1 teaspoon coarsely ground black pepper
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

Pat pork chops dry with paper toweling; stir together remaining ingredients in small bowl and rub chops on both sides with seasoning mixture. Grill chops over medium-hot coals, turning once, about 10-12 minutes. Serves 4.

Nutrition Facts

Calories: 200, Protein: 27 grams, Fat: 6 grams,
Sodium: 340 milligrams, Cholesterol: 80 milligrams,
Saturated Fat: 2 grams, Carbohydrates: 8 grams

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