
Grilled Pork Tenderloin in Raspberry Marinade

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

Servings: 4

1 to 1/2 pounds pork tenderloin

MARINADE

1/2 cup raspberry vinegar

2 cloves garlic, minced

1 tablespoon Dijon-style mustard

1 tablespoon honey

1 tablespoon fresh marjoram, minced

1 teaspoon fresh sage, minced

1 teaspoon fresh thyme, minced

1/2 teaspoon fresh black pepper, coarsely ground

raspberry jam (to taste)

Trim and discard the surface fat and silvery membrane from the pork.

Make the marinade: In a bowl, mix together the vinegar, garlic, mustard, honey, marjoram, sage, thyme and pepper. Mix well.

Pour one-half cup of the marinade into a heavy plastic zip-loc bag. Add the tenderloin and seal. Rotate the bag to coat the meat with marinade. Place the bag in the refrigerator overnight (or a minimum of two hours at room temperature). Turn the meat over in the bag occasionally.

Lift the meat from the marinade, draining the marinade back to the bag or a dish so that you can save all the marinade possible. Grill the meat, basting often from the marinade reserve, until a meat thermometer reads 155 degrees, about 20 to 30 minutes. The meat will look a little pink when cut into the middle, but that will fade when off the heat.

Make the sauce: Mix the reserved marinade with raspberry jam to your own taste (the amount of jam depends on the amount of marinade left after basting and how sweet you like your savory foods!).

Thinly slice the tenderloin across the grain, and either top each serving with sauce, or pass the sauce at the table.

Be sure to serve with rice to soak up all the juices and sauce

Pork

Per Serving (excluding unknown items): 95 Calories; 2g Fat (19.8% calories from fat); 12g Protein; 7g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 76mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.