

Pork Tenderloin with Rhubarb BBQ Sauce



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Source: Adapted from Eating Well

Start to Finish Time: 1 hour

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Description: Superb BBQ sauce with pork, chicken or beef. Sweet and tangy.

Categories: Main Dish - Pork

Servings: 4

Notes: In this pork tenderloin recipe, rhubarb cooks with ketchup and red wine vinegar to make a tangy, healthy barbecue sauce. If you're lucky enough to have a lot of rhubarb, make a double or even a triple batch of the rhubarb sauce recipe and freeze it for later in the summer. It tastes great with grilled chicken and beef too.

Ingredients

2 T Blood Orange Olive Oil, divided

1 sm White Onion, chopped

3 med Garlic cloves, diced

2 c Rhubarb, diced

1/4 c Ketchup

1/3 c Dark Brown Sugar, packed

2 T Red Wine Vinegar

3 T Worcestershire Sauce

1/2 t Tellicherry Black Pepper, fresh ground

1/2 t Sea Salt

1 1 lbs Pork Loin, trimmed

Directions

Preheat oven to 425 °F.

Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until starting to soften, about 2 minutes. Add rhubarb, ketchup, brown sugar, vinegar, Worcestershire and 1/4 teaspoon pepper and 1/4 t Sea Salt; stir to combine. Bring to a simmer and cook, stirring, until the onion and rhubarb are soft, about 10 minutes. Cover and remove from heat.

Meanwhile, heat the remaining 1 Tablespoon oil in a large ovenproof skillet over medium-high heat. Sprinkle pork with the remaining sea salt and the remaining 1/4 teaspoon pepper; add to the skillet and cook until browned on all sides, about 4 minutes.

Transfer the skillet to the oven. Roast the pork until an instant-read thermometer inserted into the thickest part registers 145 °F, 25 to 35 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes. Slice and serve with the sauce.