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Menu Musings

with

Julie May

Cranberry Glazed Pork Tenderloin

Ingredients

Pork tenderloin
Laura Lynn canola oil
Laura Lynn steak seasoning
1 (12 oz) bag fresh or frozen cranberries
1 1/4 cup Laura Lynn sugar
2 tbsp orange zest (from 1 large orange)
1/4 - 1/3 cup fresh ginger, minced
1/4 cup Laura Lynn orange juice
1 1/4 cup water
1 tbsp fresh chopped rosemary

Cooking Instructions

Preheat oven to 375

Making the Sauce:

Bring the following to a boil & cook for 10-15 min. stirring occasionally

1 (12 oz) bag fresh or frozen cranberries
1 1/4 cup Laura Lynn sugar
2 tbsp orange zest (from 1 large orange)
1/4 - 1/3 cup fresh ginger, minced
1/4 cup Laura Lynn orange juice
1 1/4 cup water

Preparing the Pork:

Remove fat and pat dry
Season liberally with Laura Lynn steak seasoning
Sear on all sides in a hot pan with oil
Place pork in oven-safe dish

Stir 1 tbsp fresh chopped rosemary into the sauce

Ladle the sauce over the top of the pork loin

Place uncovered in 375 degree oven and cook until internal temperature reaches 145 degrees (approximately 20-25 minutes)



Serving Tips

When you remove your pork loin from the oven, allow it to rest for 10 minutes before cutting.

This will allow the juices to cook into the pork and keep it nice and juicy when eating. Slice the pork about every half inch or so. Serve fanned out on the plate for a pleasing presentation. Sides like saffron rice, zucchini and sweet potatoes nicely compliment this dish. This is a fresh, fragrant, spicy and juicy dish perfect for the holidays. Enjoy!