



Grilling Recipe: *Teriyaki Pork Tenderloin*

Recipes from The Kitchn

Teriyaki Pork Tenderloin

Serves 4 (makes 1 1/4 cups marinade)

- 1/2 cup low-sodium soy sauce
- 1/4 cup pineapple juice
- 2 - 3 tablespoons brown sugar, depending on desired sweetness
- 2 tablespoons mirin (Japanese rice wine) or sake
- 1 tablespoon sesame oil
- 1 teaspoon minced ginger
- 2 garlic cloves, pressed
- 1 whole pork tenderloin (about 1 pound)
- Canola or vegetable oil, for the grill

Combine the soy sauce, pineapple juice, 2 tablespoons of brown sugar (3 tablespoons for a sweeter sauce), mirin, sesame oil, ginger, and garlic in a small bowl and whisk to combine.

Pour the mixture into a 1-gallon resealable bag. Add the pork tenderloin and seal, pushing as much air out as possible. Place in a shallow pan and refrigerate, turning occasionally, for a minimum of two hours or overnight. (I also inject some of the marinade into the pork using a meat syringe. This gets deeper flavor faster.)

Pull the tenderloin from the refrigerator at least 30 minutes to an hour before cooking and let it warm on the counter. When ready to cook, preheat the grill on medium high, about 400°F. Once hot, scrape the grates clean using a wire brush. Oil the grates *very generously* to prevent meat from sticking.

Remove the pork from the bag, reserving the marinade, and place on the grill. Cover and cook, flipping the tenderloin only once, until internal temperature reaches 140°F (see Recipe Note), about 5 to 7 minutes per side.

Meanwhile bring the reserved marinade to a boil in a small saucepan and cook until reduced by half, about 5 to 8 minutes. Brush the sauce over the tenderloin during the final minutes of cooking and serve the remainder on the side.

Remove the tenderloin from the heat and allow to rest for 10 minutes; the meat will finish cooking from residual heat and the juices will redistribute for optimal flavor. Slice crosswise into thin pieces before serving.

Recipe Notes

- I tested with low-sodium soy sauce, and I feel regular soy sauce would be much too salty once the marinade is reduced.
- Some people feel just fine taking pork off around 140° or even lower. The USDA health recommendations say

that pork should be cooked to an internal temperature of 160°F. You can adjust this temperature to your own tastes and comfort level, especially if you know the pork is fresh and from a reliable source.

- **To cook in the oven**, roast in a 425°F oven until the temperature reaches 140°F, about 20 to 25 minutes. Rest for 10 minutes before serving.
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Posted by Nealey Dozier

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