

Spicy Asian Pork Tenderloin With Pear Mashed Potatoes And Grilled Baby Bok Choy

Courtesy of Kristina Vianni on behalf of the National Pork Board



Pork and Marinade:

- 1-1/4 to 1-1/2 pounds pork tenderloin
- 1/4 cup mirin
- 4 Tablespoons hoisin sauce
- 2 Tablespoons soy sauce
- 1 Tablespoon honey
- 1 teaspoon ground ginger
- 1/2 teaspoon Chinese 5-Spice powder
- 1/4 teaspoon hot Chinese mustard
- 1 clove garlic, minced or pressed

Pear-Caraway Mashed Potatoes:

- 1-1/2 pounds russet potatoes, peeled and cubed
- 2 Tablespoons butter
- 1 medium pear or pear-apple, cored, peeled and cubed
- 1/3 cup sliced green onion, with some tops included
- 1 teaspoon caraway seed
- 1 Tablespoon milk (or more if needed)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

- 2 Baby Bok Choy- halved lengthwise and kept intact
- Olive oil for brushing
- Salt and pepper to taste

Preparation:

For Pork: Place tenderloin pieces in a nonreactive dish. Combine all remaining marinade ingredients in a small bowl and whisk to combine. Pour 1/4 cup of marinade over pork and turn to coat. Set aside to marinate while preparing rest of dish. Place remaining marinade in a small saucepan; set aside.

For potatoes: Place potatoes in a medium saucepan with water to cover. Bring to a boil and cook until just tender, about 12 minutes; drain and set aside. While potatoes are boiling, melt butter in a medium skillet. Add pear, green onion, and caraway seed to pan and saute until mixture is softened, about 5-7 minutes. Place cooked potatoes, pear mixture (along with all liquid in pan), milk, salt, and pepper in bowl of a food processor. Pulse until mixture is just smooth, adding more milk, if needed, a little at a time until of desired consistency. Return mixture to saucepan; cover and keep warm.

To grill pork and bok choy: Prepare grill for medium-high heat. Remove pork from marinade and grill about 6-7 minutes per side, depending on thickness of pork, and basting with any marinade in dish. When done, place pork on a work surface and let rest for 5 minutes. While pork is resting, brush halved bok choy with oil and sprinkle with salt and pepper. Grill on both sides until just wilted and lightly browned, about 1-1/2 minutes per side. To serve dish: Place a dollop of mashed potatoes on each of 4 serving plates, along with pieces of bok choy. Slice pork and place on dish. Heat marinade and drizzle over pork slices. Serves 4.

ABOUT KRISTINA

Kristina Vanni, of Hollywood California is an actress and stand-up comedian by day, and dedicated foodie by night. Kristina has been entering and winning national cooking contests since the age of 12, and she is excited for the opportunity to compete for the title of "America's Next Pork Personality." In fact, she is probably the only actress in Hollywood who would be honored to be known as the Queen of Pork!