

Asian Pork Tenderloin

Type:	Pork	Prep Time:	2 hrs & 30 mins.
Style:	Chinese	Cook Time:	15 mins.
Serves:	2	Calorie Count:	High
Favorite:	No	My Recipe:	No

Ingredients:

For marinade

1/4 cup fresh orange juice

2 tablespoons oyster sauce

2 tablespoons soy sauce

1 1/2 tablespoons Asian sesame oil

1 1/2 teaspoons five-spice powder*

1/2 teaspoon dried thyme, crumbled

3 garlic cloves, minced

1 pound pork tenderloin, trimmed of excess fat

all-purpose flour for dredging pork

2 tablespoons unsalted butter

1 tablespoon vegetable oil

2 large shallots, chopped fine

1/4 pound shiitake mushrooms, stems discarded and caps sliced thin

1/4 cup brandy

1/4 cup water

1/3 cup apricot preserves

Method:

Preheat oven to 200°F.

Make marinade: In a large bowl stir together marinade ingredients and let stand 15 minutes.

Add pork to marinade, tossing to coat completely. Marinate pork, covered and chilled, at least 2 hours, or overnight, turning pork at least once.

Remove pork from marinade and cut into 1-inch-thick slices. In a bowl dredge pork in flour, shaking off excess. In a large heavy skillet heat 1 tablespoon butter and vegetable oil over moderately high heat until hot but not smoking and saute pork 5 minutes on each side. Transfer pork to a heatproof dish and keep warm in middle of oven.

To skillet add remaining tablespoon butter and saute shallots, stirring, 1 minute. Add mushrooms and saute, stirring, 5 minutes, or until liquid they give off is evaporated. Add brandy and cook mixture, stirring, until almost evaporated. Add water and preserves and cook, stirring, until combined well. Stir in cream. Add pork and simmer 5 minutes.