

Blueberry Salsa Pork Tenderloin



Makes:

6 servings

Utensil:

Saladmaster Food Processor

10" Electric Oil Core Skillet

12" Electric Oil Core Skillet

large mixing bowl

Blender

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Recipe:

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Recipe Description:

As the outstanding combination of tastes blend together for a unique medley of flavors this recipe will summon raves from your family or guests! It will look like you've slaved for hours over this lovely gourmet meal but it's easy - and the cleanup with the EOC is easy too. Prepare for a standing ovation.

Marinade and pork

1 cup

fresh blueberries

(148

g)

$\frac{3}{4}$ cup

dark rum

(180

mL)

$\frac{1}{4}$ cup

lemon juice

(60

mL)

2 cloves

garlic, minced

2 tablespoons

brown sugar

(30

mL)

1 tablespoon

sweet onion, strung, use Cone #2

(10

g)

1 tablespoon

white vinegar

(15

mL)

1 $\frac{1}{4}$ pound

pork tenderloin

(680 g)

Blueberry Salsa

2 cups fresh blueberries, coarsely chopped (296 g) 1 1/4 cup fresh blueberries, whole (148 g) 1/4 cup lemon juice (60 mL) 3 tablespoons fresh cilantro, chopped (45 mL) 2 1/3 tablespoons green chilies, diced (17 g) 1/4 cup red bell pepper, diced (50 g) 1/2 cup onion, chopped (40 g) 1 teaspoon kosher salt (2.5 mL) **Directions:**

1. Place all 7 marinade ingredients in food processor and blend until smooth.
2. Pour marinade into large zip-lock bag or covered container. Add pork. Roll pork to coat.
3. Chill for at least 4 hours. Can marinade up to 24 hours in advance.

Blueberry Salsa

1. Stir together all ingredients in large bowl.
2. Cover and chill until ready to serve. Can make a day prior to serving.

Cooking and Assembly

1. Preheat electric skillet to 350°F/177°C.
2. Remove pork from marinade, saving marinade for later, and place meat into electric skillet. Sear, uncovered for approximately 5 minutes. Meat should be well browned and will loosen from the bottom of the skillet. Turn and brown second side, approximately 5 minutes. Turn and brown third side, approximately 5 minutes. Turn to remaining side, cover, reduce heat to 300°F/149°C and cook for 10 minutes.
3. Pour saved marinade over meat, recover, reduce heat to 300°F/163°C and cook approximately 5 more minutes or until temperature of the interior of the meat is 145°F/63°C.
4. Remove meat from pan to a cutting board and allow meat to rest 10 minutes before carving. Cut meat on a diagonal, place on plate and cover with Blueberry Salsa.

Tips:

- Serve on saffron rice. Follow instructions according to package. Or to make your own use the following instructions: 2 2/3 cup cold water (649 mL) 1 1/2 cup long grain rice (278) 1 1/2 teaspoon salt (7.5 mL) 1/4 teaspoon saffron (1.25 mL) In a 3 quart sauce pan combine water, rice, salt and saffron. Cover and bring to a boil. When Vapo Valve™ sounds reduce heat to medium-low and simmer for 15 minutes. Remove from heat. Let stand, covered for 10 minutes. Makes 6 servings.

Nutritional Information per

▼ Serving

Pork and Marinade

Calories: 338

Total Fat: 9g

Saturated Fat: 3g

Cholesterol: 107mg

Sodium: 76mg

Total 12g

Carbs:

Dietary Fiber: 1g Sugar: 8g Protein: 34g

Blueberry Salsa

Calories: 49

Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 171mg

Carbohydrate: 13g

Fiber: 2g

Sugar: 8g

Protein: 1g
