

Island Pork Tenderloin Salad (From Best of Bridge)

Pork Rub

2 tsp salt
½ tsp black pepper
1 tsp ground cumin
1 tsp chili powder
1 tsp cinnamon
3 – 4 pork tenderloins (2 ½ - 3 lb each)
2 tbs olive oil

Glaze

1 cup dark brown sugar
2 Tbsp finely chopped garlic
1 Tbsp Tabasco

Vinaigrette

3 Tbsp fresh lime juice
1 Tbsp fresh Orange Juice
1 Tbsp Dijon Mustard
1 tsp curry powder
¼ tsp black pepper
½ cup olive oil

Salad

3 navel oranges, peeled, whit pith removed
6 cups baby spinach or assorted greens trimmed
4 cups thinly sliced napa cabbage (long cabbage available at Save-On)
1 red pepper cut into thin strips
½ cup raisins
2 firm ripe avocados, peeled and cut diagonally into thin strips

Method

Prepare Pork by removing thin membrane. Combine salt, pepper, cumin, chili powder and cinnamon. Coat pork with spices. Allow to sit for an hour to marinate. Preheat oven to 350deg. Heat oil in oven proof frying pan to moderate high heat. Brown pork, turning often. Leave in pan. Make the glaze and pat onto the top of the tenderloins. Roast in the middle of the oven for about 20 mins. Let stand at room temperature for 10 mins. Make the vinaigrette by whisking together juices, mustard, curry powder and pepper. Add oil in a stream whisking thoroughly. For the Salad, cut oranges crosswise into thin slices. Toss the spinach, cabbage, peppers and raisins in a large bowl with ½ cup vinaigrette. **To Assemble the Salad.** Cut the pork at 45 degree angle into ½ inch slices. Line the platter with dressed salad. Arrange the sliced pork on this bed and arrange oranges and avocado in rows along each side of the pork. Drizzle some vinaigrette over the avocado and oranges. Pour juices from frying pan over the pork. Can be served warm, not hot. Serves 8 .