



Pan-Roasted Lime Marinated Pork Tenderloin with Mango Salsa and Almond Rice Pilaf

Recipe courtesy Emeril Lagasse, 2006



Total Time: 1 hr 50 min
Prep: 20 min | Inactive Prep: 1 hr 5 min | Cook: 25 min
Level: Easy
Yield: 4 to 6 servings

INGREDIENTS

3/4 cup fresh squeezed lime juice	3/4 teaspoon freshly ground black pepper
1/2 cup plus 2 tablespoons olive oil	1 recipe Almond Rice Pilaf, recipe follows
3 tablespoons honey	1 recipe Mango Salsa, recipe follows
2 tablespoons minced garlic	8 sprigs cilantro leaves
2 pork tenderloins (about 2 pounds total)	
1 1/2 teaspoons salt	
For the Rice:	
1/4 cup olive oil	2 teaspoons salt
1/2 cup small dice onion	1 teaspoon white pepper
1/4 cup small dice carrot	3 cups chicken stock or water
1/4 cup small dice celery	1/2 cup toasted sliced almonds
1 teaspoon minced garlic	2 tablespoons chopped fresh cilantro leaves
2 cups long-grain white rice	
For the Mango Salsa:	
1 1/2 cups (1/2-inch) diced mango	1 tablespoon minced jalapeno
1/2 cup small diced red bell pepper	1 tablespoon chopped fresh cilantro leaves
1/3 cup finely chopped red onion	2 teaspoons minced ginger
2 tablespoons rice wine vinegar	1 teaspoon minced garlic
1 tablespoon lime juice	Salt and freshly ground black pepper

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DIRECTIONS DIRECTIONS (CONT.)

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Combine the lime juice, 1/2 cup of the olive oil, honey and garlic in a food processor and pulse several times to puree. Put the tenderloins in a large plastic storage bag and pour in the marinade. Seal the bag and refrigerate for 1 hour.

Preheat the oven to 400 degrees F. Heat a large nonstick ovenproof skillet over high heat and add the remaining 2 tablespoons olive oil. Remove the tenderloins from the marinade and pat dry. Season the tenderloins on all sides with the salt and pepper. When the skillet is hot, add the tenderloins and sear, turning to ensure even browning, about 4 minutes. Transfer to the oven and cook for 18 to 20 minutes, or until an instant-read thermometer inserted in the thickest part registers 145 degrees F. Remove from the oven and let rest for 5 minutes. Alternatively, heat a grill to medium-high. Grill the tenderloins, turning several times, for 25 minutes, or until an instant-read thermometer inserted in the thickest part registers 145 degrees F. Remove from the grill and let rest for 5 minutes.

To serve, slice the pork tenderloins against the grain into 3/4-inch slices. Mound about 1 cup of the Almond Rice Pilaf onto the center of 4 entree plates and shingle the pork slices around the rice. Divide the Mango Salsa evenly among the plates, spooning it over the pork slices. Garnish with the cilantro leaves and serve immediately.

DIRECTIONS

Preheat the oven to 350 degrees F.

Place a 2-quart, ovenproof saucepan over medium-high heat and add the olive oil. Once the oil is hot, add the onions, carrots and celery. Sweat the vegetables, stirring often, until the onions are translucent and the carrots begin to soften, about 4 to 5 minutes. Add the garlic to the pan and saute for 30 seconds. Add the rice to the pan and saute (being sure to stir the rice and coat it with the oil), until toasted, about 4 to 5 minutes. Season the rice with the salt and white pepper. Add the chicken stock to the pan and stir occasionally until the water comes to a boil. Stir well, cover the pot, and transfer the pot to the oven. Bake, undisturbed, for 25 minutes. Remove from the oven and let stand for 5 minutes. Remove the lid, and use a fork to fold the almonds and cilantro into the rice, as you fluff and blend it. Serve while hot.

Yield: about 6 cups, 6 to 8 servings

DIRECTIONS

Place all the ingredients in a non-reactive medium bowl and stir to blend. Cover the bowl with plastic wrap and allow the salsa to macerate at room temperature for 30 to 45 minutes. Remove the plastic wrap and serve with the tenderloins.

Yield: about 2 cups

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