

Remember that recipe that triggered a manifestation of my Covid stress for my family to witness? Well, this is the recipe. This salad is a favorite of two of my sister's and for a while, they made it all the time. It is now on a normal rotation. Island Pork Tenderloin Salad has several parts that happen at the same time. It is best if you make this when there are others around to help. Divide and conquer as they say. One person prepare the pork tenderloin and another make the salad. It is not uncommon for three people to work on this at the same time as it all comes together pretty quickly.



Island Pork Tenderloin Salad

Active time: 1 1/2 hr. Start to finish: 1 1/2 hr

Ingredients

For pork

2 teaspoons salt

1/2 teaspoon black pepper

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon cinnamon 2 pork tenderloin (approx. 2-1/2 lbs; trimmed of silver skin, if any)

2-3 tablespoons Olive oil

For glaze

1 cup packed dark brown sugar

2 finely chopped garlic cloves

1 tablespoon Tabasco

Hold for later

1/2 cup golden raisins

1/2 cup walnuts, roughly chopped

For vinaigrette

3 tablespoons fresh lime juice

1 tablespoon fresh orange juice

1 tablespoon Dijon mustard

1 teaspoon curry powder, lightly toasted

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 cup olive oil

For salad

2 navel oranges

1 head Romaine Lettuce

3 scallions, thinly sliced white and light green portions only

1 red bell pepper, cut lengthwise into thin strips

2 ripe but firm avocados

Preparation

Preheat oven to 350°F.

Make Rub:

Mix together in a small bowl the salt, pepper, cumin, chili powder, and cinnamon. Coat the pork tenderloins with spice rub.

Sear Pork:

Heat oil in an ovenproof 12-inch heavy skillet over moderately high heat until just beginning to smoke. Sear the tenderloin on all sides. Leave pork in skillet.

Make the glaze:

Mix together brown sugar, garlic, and Tabasco in a small bowl. Now pat this mixture onto the top of the tenderloins.

Roast the pork tenderloin:

Roast in the middle rack of the oven until the thermometer inserted diagonally registers 140°F in each tenderloin; about 20 minutes.

Remove pork tenderloin from skillet and place on a platter. Cover the pork with foil. Let pork rest at room temperature for 10 minutes. (Temperature will rise to about 155°F while standing)

Make the Vinaigrette and Prepare the Salad while the Pork Roasts:

Whisk together lime juice, orange juice, mustard, curry powder, salt, and pepper, then add oil in a stream, whisking until emulsified. Set aside.

Remove the peel and white pith from the orange. Using a sharp knife remove the orange segments from the skin. Once all segments are removed, then cut each segment in half into 1/4 inch thick slices. Set aside.

Halve, pit, and peel the avocados, then cut diagonally into 1/4-inch thick slices. Set aside.

Toss Romaine lettuce, scallions, and red bell pepper in a large bowl with 1/4 cup vinaigrette. Toss to coat.

Finish the Glaze while the Pork Tenderloin Rests:

Remove the pork from the skillet leaving all remaining juices. Add the raisins and the walnuts and bring to a boil. Turn down heat to a bubbling simmer until glaze reduces (about 10 minutes)

Assemble the Salad:

Cut pork at a 45-degree angle into 1/2-inch thick slices. Line a large platter with the dressed salad. Arrange the sliced pork down the middle of the salad with the orange and avocado slices intermingled on each side of the pork. Pour the glaze onto the pork. Drizzle the remaining vinaigrette over the avocados and oranges.

Makes 6 to 8 main-course servings