

Adobo Stuffed Pork Tenderloin with Chipotle Pepper Filling on Succotash

Carolyn T's
Main Cookbook

Servings: 4

Author: Phillis Carey, cookbook author and instructor



PORK TENDERLOIN:

1 pound pork tenderloin

1 whole chipotle chile canned in adobo, with almost none of the sauce, minced very finely

1/2 cup red onion, diced

1/2 cup roasted red peppers, chopped

4 cloves garlic, minced

2 tablespoons Parmigiano-Reggiano cheese, grated

1 tablespoon brown sugar

1 slice bacon, chopped (divided use)

SUCCOTASH:

1/4 cup red onion, chopped

1 tablespoon jalapeno chile pepper, minced

16 ounces succotash, frozen, or Trader Joe's edamame & corn succotash

1/4 cup dry white wine, or chicken broth

Salt & pepper to taste

2 tablespoons fresh cilantro, chopped

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 290 Calories; 6g Fat (17.9% calories from fat); 30g Protein; 29g Carbohydrate; 6g Dietary Fiber; 75mg Cholesterol; 161mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.

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Notes: If the pork is cooked until just barely tender, it will still have a slight pink tinge. That's perfect. Don't cook further or it will dry out and be very inedible.

DO note the calorie and fat content of this dish is very low!

Description: A stuffed pork tenderloin, on a delicious succotash bed; this would make a very nice company meal.

1. PORK: Trim pork of all fat and silverskin. Cut down the center lengthwise almost all the way through and open meat out flat. Cover with a piece of plastic wrap and using a flat meat pounder, pound until the pork tenderloin is very thin - about 14 inches long by 8 inches wide (estimated). Season meat with salt and pepper.
2. In a small bowl combine the minced chipotle, red onion, roasted peppers, garlic, Parmigiano and brown sugar. Spread over the pork. Roll pork starting with the long side. Tie string in about 4 places. Meat can be prepared up to 24 hours ahead to this point.
3. Preheat oven to 400. Cook bacon in a large nonstick skillet over medium heat until crispy. Remove bacon with a slotted spoon to paper towels and allow to drain.
4. Add pork tenderloin to the heated pan and brown well on all sides, about 6-8 minutes total. Transfer pork (reserving the skillet and fat) to a Silpat or parchment-lined baking sheet.
5. Roast pork for 20-25 minutes or until internal temperature reads 155 on an instant-read thermometer. Let pork rest, tented with foil, for 8-10 minutes before removing strings and slicing across (straight across, not on an angle) into about 8-9 rounds. The pork will rise in temp about 5 degrees during the resting time.
6. SUCCOTASH: While pork bakes, reheat the skillet containing bacon grease and saute onion and jalapeno for about 3 minutes. Add the succotash and wine (or broth) and toss mixture around. Cover and cook under low heat for 8-10 minutes, until its warmed through. Uncover and cook away any remaining liquid in the pan. Season to taste with salt, pepper, then garnish with cilantro and bacon. Serve the pork slice on the side of a small mound of the succotash. Each person should have two pork slices.