

Korean-Style Grilled Pork

(Marinade recipe adapted from Judiaann Woo, originally for Korean Beef Ribs)

1/2 cup brown sugar, packed
1/2 cup soy sauce
1/4 cup water
3 tbsp mirin (rice wine)
2 shallots, peeled and minced
1/2 small green apple, peeled and finely grated (or use an Asian pear if you can find one)
3 tbsp minced garlic
pinch red pepper flakes
1 tbsp dark sesame oil
pinch black pepper
1 green onion, thinly sliced (optional)
1 pork tenderloin (1-2 pounds), sliced into 1 inch thick rounds



Directions:

Combine the brown sugar through the black pepper. Whisk until sugar is mostly dissolved. Divide in half. Add tenderloin medallions to a large bowl or ziplock bag. Add half the marinade. Refrigerate two hours to overnight (overnight!) Add the other half of the marinade to the container of your choice and also park it in the fridge.

When ready to cook, line a large plate with a couple of layers of paper towels and place the pork down on it. Use some more paper towels to press down on the pork and dry it off. Discard the marinade that the pork was in.

Now, pour the other half of the reserved sauce in a small pot and add about 1/4 - 1/2 cup of chicken stock, bring to a boil and reduce for about 10 or so minutes.

Meanwhile, heat up a skillet and add a little canola oil. Cook the pork about 2-3 minutes per side until done. Remove to a plate and cover with foil for a few minutes.

We had this with some cooked brown rice and pan sautéed carrots and yellow bell pepper. I used toasted sesame oil to cook the veggies.

To serve, put the rice in a big bowl. Place the veggies around the edges of the bowl and the pork in the middle. Top with the green onions and serve the sauce on the side.

