



ONTARIO PORK

Raspberry Peppercorn Tenderloin



Ingredients

1 lb (500 g) **Ontario pork tenderloin**
3 Tbsp (50 mL) Raspberry jam
1 Tbsp (15 mL) Coarsely cracked pink peppercorns (or black pepper)

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Yield:

Serves 3

Preparation Time:

5 minutes

(+ time to marinate)

Cooking Time:

20 minutes

Cooking Instructions

Place raspberry jam and tenderloin in a sealable plastic bag or non-metal container for a minimum 30 minutes or overnight.

Place peppercorns on a large dinner plate. Remove the tenderloin from the bag and roll onto the peppered plate. Roll and massage the peppercorns into the tenderloin.

Pre-heat barbecue to high heat and reduce to medium-high just before grilling. Cook tenderloin for 5 minutes on all sides for a total of 15-20 minutes, or until internal temperature reaches 155°F (68°C) using a meat thermometer. Remove from heat, let rest under tinfoil for 5 minutes to allow internal temperature to rise to 160°F (71°C).

Slice and serve with grilled **Ontario corn on the cob**.

Nutritional Information (1/3 of recipe): 244 kcal, 2.9 g fat (1 g saturated), 15 g carbohydrate (.8 g fibre), 37 g protein, 98 mg sodium