



## Redeye-Glazed Pork Tenderloin with Black-Eyed Peas

READY IN



45 min.

SERVINGS



8

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons apple cider vinegar
- 5 bay leaves divided
- 2 cups pea-mond dressing dried drained
- 0.5 teaspoon pepper black freshly ground
- 1 cup bread
- 0.3 teaspoon ground pepper
- 1 teaspoon ground pepper
- 2 ounces country ham

- 1 tablespoon fennel seeds crushed toasted
- 0.3 cup garlic minced
- 1 tablespoon kosher salt
- 8 servings kosher salt
- 2.5 pound pork tenderloins trimmed
- 1 strip lemon zest white
- 0.3 teaspoon brown sugar light packed ()
- 2 cups chicken broth
- 8 cups chicken broth
- 3 tablespoons shallots coarsely chopped
- 3 tablespoons sorghum syrup
- 0.5 cup strong coffee decoction
- 7 tablespoons butter unsalted divided
- 1 teaspoons vegetable oil
- 2 tablespoons vegetable oil
- 1 cup onion yellow minced

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- kitchen thermometer

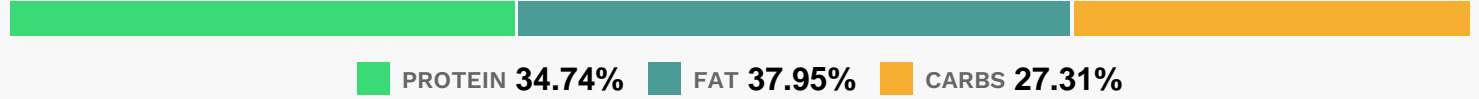
## Directions

- Heat a medium heavy saucepan over medium heat.
- Add ham and saut until golden brown, adding vegetable oil as needed if the ham scraps are lean.

- Add shallots and cook, stirring often, until they begin to soften, about 3 minutes. Stir in coffee, scraping up any browned bits.
- Add stock, sorghum syrup, and vinegar; bring to a simmer and cook until sauce coats the back of a spoon, about 20 minutes. Strain into a small bowl. DO AHEAD: Can be made 2 days ahead.
- Let cool completely; cover and chill. Rewarm before using.
- Melt 3 tablespoons butter in a large heavy pot over medium heat.
- Add onion and cook, stirring often, until softened, about 8 minutes.
- Add garlic and cook until fragrant, about 2 minutes.
- Add broth, peas, and 3 bay leaves. Bring to a boil; reduce heat to medium–low and cook, skimming the surface occasionally, until peas are tender, about 1 1/4 hours. Discard bay leaves.
- Strain peas, reserving broth.
- Transfer 2 cups strained peas to a medium bowl; mash into a paste. Return whole and mashed peas to pot, along with some of the broth to thin mixture. Season with salt. DO AHEAD: Can be made 2 days ahead.
- Melt remaining 4 tablespoons butter in small pan over medium heat. Simmer until browned bits form on bottom of pan, 5–6 minutes. Stir in coriander, fennel, lemon peel, cayenne, and remaining 2 bay leaves; cook, stirring, for 1 minute.
- Remove pan from heat. DO AHEAD: Can be made 2 hours ahead.
- Let stand at room temperature. Rewarm and discard bay leaves and lemon peel from spice butter before serving.
- Combine first 4 ingredients in a small bowl. Season pork with spice mixture; let stand for 1 hour.
- Preheat oven to 350F.
- Heat oil in a large cast–iron skillet over high heat. Sear pork on all sides until deep golden brown, about 8 minutes total.
- Transfer skillet to oven. Roast pork, occasionally brushing with glaze, until an instant–read thermometer inserted into meat registers 140F, about 15 minutes.
- Transfer meat to a carving board.
- Let rest, uncovered, for 10 minutes.
- Reheat peas and spice butter.

- Cut pork into 1/4"-1/2"-thick slices.
- Transfer to plates and spoon pickle pure over.
- Serve with peas drizzled with spoonfuls of spice butter.

## Nutrition Facts



### Properties

Glycemic Index:40.33, Glycemic Load:11.08, Inflammation Score:-7, Nutrition Score:31.883043341015%

### Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
 Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 1mg,  
 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:  
 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg  
 Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

### Nutrients (% of daily need)

Calories: 514.15kcal (25.71%), Fat: 21.91g (33.7%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 35.46g (11.82%), Net  
 Carbohydrates: 30.12g (10.95%), Sugar: 4.87g (5.41%), Cholesterol: 122.87mg (40.96%), Sodium: 1460.18mg  
 (63.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 45.12g (90.25%), Vitamin  
 B1: 1.71mg (113.72%), Vitamin B3: 16.03mg (80.15%), Selenium: 55.78µg (79.68%), Vitamin B6: 1.34mg (66.85%),  
 Phosphorus: 598.04mg (59.8%), Vitamin B2: 0.73mg (42.79%), Manganese: 0.78mg (38.96%), Potassium:  
 1113.67mg (31.82%), Folate: 121.16µg (30.29%), Zinc: 4.16mg (27.71%), Iron: 4.84mg (26.91%), Copper: 0.48mg  
 (24.07%), Magnesium: 85.94mg (21.48%), Fiber: 5.33g (21.34%), Vitamin B12: 1.08µg (18.07%), Vitamin B5: 1.77mg  
 (17.65%), Vitamin K: 10.98µg (10.45%), Calcium: 97.01mg (9.7%), Vitamin A: 449.82IU (9%), Vitamin E: 1.23mg  
 (8.19%), Vitamin C: 4.09mg (4.95%), Vitamin D: 0.52µg (3.45%)