



Redeye-Glazed Pork Tenderloin with Black-Eyed Peas

READY IN



45 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 5 bay leaves divided
- ☐ 2 cups black-eyed peas dried drained
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup bread-and-butter pickles
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 ounces country ham scraps
- ☐ 1 tablespoon coriander and fennel seeds crushed toasted

- ☐ 0.3 cup garlic minced
- ☐ 1 tablespoon kosher salt
- ☐ 2.5 pound pork tenderloins trimmed
- ☐ 1 strip x3" lemon peel white
- ☐ 0.3 teaspoon brown sugar light packed ()
- ☐ 8 cups low-salt chicken broth
- ☐ 3 tablespoons shallots coarsely chopped
- ☐ 3 tablespoons sorghum syrup
- ☐ 0.5 cup strong coffee decoction
- ☐ 7 tablespoons butter unsalted divided
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup onion yellow minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Heat a medium heavy saucepan over medium heat.
- ☐ Add ham and sauté 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 350°F.
- ☐ Heat oil in 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 140°F, 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 purée over.
- ☐ Serve with peas drizzled with spoonfuls of spice butter.

Nutrition Facts



PROTEIN 34.95% **FAT 37.51%** **CARBS 27.54%**

Properties

Glycemic Index:36.33, Glycemic Load:11.06, Inflammation Score:-7, Nutrition Score:31.073912983355%

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: 498.94kcal (24.95%), Fat: 20.95g (32.23%), Saturated Fat: 8.96g (56%), Carbohydrates: 34.61g (11.54%),
Net Carbohydrates: 29.34g (10.67%), Sugar: 4.77g (5.3%), Cholesterol: 122.87mg (40.96%), Sodium: 1248.62mg
(54.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 43.91g (87.83%), Vitamin B1:
1.71mg (113.67%), Selenium: 55.75µg (79.65%), Vitamin B3: 15.2mg (76%), Vitamin B6: 1.32mg (66.24%), Phosphorus:
579.6mg (57.96%), Vitamin B2: 0.71mg (41.61%), Manganese: 0.77mg (38.68%), Potassium: 1057.85mg (30.22%),
Folate: 120.89µg (30.22%), Zinc: 4.09mg (27.28%), Iron: 4.7mg (26.11%), Copper: 0.45mg (22.52%), Magnesium:
84.96mg (21.24%), Fiber: 5.27g (21.07%), Vitamin B5: 1.77mg (17.65%), Vitamin B12: 1.03µg (17.08%), Calcium:
94.16mg (9.42%), Vitamin K: 9.74µg (9.28%), Vitamin E: 1.11mg (7.38%), Vitamin A: 345.79IU (6.92%), Vitamin C:
3.89mg (4.72%), Vitamin D: 0.52µg (3.45%)