

SMOKED CITRUS & POLENTA PORK TENDERLOIN

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Review It

**1 PORK TENDERLOIN, SILVER
SKIN REMOVED**

1/4 CUP DIJON MUSTARD

**1 CUP, DIVIDED USE DARK
BROWN SUGAR**

1/2 TSP. SMOKED PAPRIKA

1/2 TSP. GROUND CUMIN

1/2 TSP. FENNEL SEED

1/2 TSP. CAYENNE PEPPER

1/4 CUP OLIVE OIL

8 SHOTS OLIVE OIL SPRAY

1/4 CUP HONEY

2 CUPS ORGANIC SPRING MIX

3 CLOVES GARLIC

**1 LARGE GRAPEFRUIT, ZESTED
AND SUPREMED**

1/2 TSP SALT

1/2 TSP. BLACK PEPPER

1/2 CUP CHICKEN STOCK

1/2 TUBE POLENTA

PREPARATION

- When ready to cook, start the Traeger on Smoke with the lid open until a fire is established (4-5 minutes). Turn temperature to 225 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Puree 1/2 cup brown sugar, paprika, cumin, fennel, cayenne, garlic, zest of 1 grapefruit, all grapefruit segments, and salt in food processor until very smooth. Reserve 1/4 cup for grapefruit sauce, then transfer mixture to large bowl.
- Add pork tenderloin to bowl and completely cover all sides of meat. Wrap with plastic wrap and leave for 15 minutes at room temperature.
- For the grapefruit sauce, combine 1/4 cup reserved marinade with 1/2 cup chicken stock in a BBQ safe pot or bowl. Place on Traeger grill.
- Place tenderloin on Traeger for approximately 3 hours, or until the pork reaches an internal temperature of 145 degrees F.
- Meanwhile, slice 1/2" disk shipped slices of polenta. Spray tops with olive oil cooking spray, spread dijon mustard on each disk, and divide remaining 1/2 cup of brown sugar on each disk.
- At the 2 hour mark, place the polenta disks on the grill evenly spaced for approximately 1 hour, or until disks have crispy edges.
- Vinaigrette: Thoroughly mix together grapefruit juice, olive oil and honey. Set aside.
- Once pork tenderloin has reached 145 degrees F, remove from grill and let rest for 10 minutes before slicing into 1/2 inch medallions
- To serve, place pork medallions on top of a polenta slices. Drizzle greens with vinaigrette. Enjoy!
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Difficulty: 3/5
Prep time: 15 mins
Cook time: 3 hrs
Serves: 4 - 6
Hardwood: Cherry