

# BONELESS BARBECUED PORK MEDALLIONS

F MEDIUM

Last Modified: 08/07/2014

PREP: 13+ Hrs  
COOK: 1 Hr 10 Min  
OVEN: 350

BBQ-ASIAN

**MAKES 10 SERVINGS**

| QUA | MEASURE | INGREDIENT       | PROCESS |
|-----|---------|------------------|---------|
| 2   | Whole   | Pork Tenderloins | Trimmed |

| RED SOY MARINADE |        |                                  |             |
|------------------|--------|----------------------------------|-------------|
| 1/3              | Cup    | Mushroom Soy Sauce (Healthy Boy) |             |
| 2                | Stalks | Green Onion (Greens & Whites)    | Thin Sliced |
| 2                | Tbsp   | Dry Red Wine (Pinot Noir)        |             |
| 1                | Tbsp   | Light Brown Sugar                |             |
| 1                | Tbsp   | Honey                            |             |
| 2                | Tsp    | Red Food Coloring                |             |
| 1                | Clove  | Garlic                           | Minced      |
| 1/2              | Tsp    | Ground Saigon Cinnamon           |             |

## PREPARATION

|                |   |
|----------------|---|
| <b>FACTOID</b> | This is the "traditional" thin-sliced, (red band on the outside) Pork Medallions that you find floating in several clear brothed Asian Soups and also as used in many different Asian Appetizers. Known in Chinatown as Char Sui or Char Siu (depending upon - I don't know what). Char Siu literally means "fork burned" which is a reference to the traditional preparation, skewered and barbecued over a fire. Char Siu is moist and flavorful on the inside and caramelized and slightly chewy on the outside. |
| <b>FACTOID</b> | The longer this marinates for, up to 4 days, the deeper the flavor & color.   |
| <b>TOOLS</b>   | 1) Aluminum Half Sheet Pan & Wire Rack<br>2) Gallon Zip Lock Bag<br>3) Small Mixing Bowl.<br>4) Basting Brush   |
| <b>PREP</b>    | <b>Up To 4 Days Before:</b><br>1) Trim off any accessible fat and slice the silverskin off of the Pork Tenderloins prior to placing them in the Marinade.<br>2) Thinly slice the Green Onion greens and set them aside.<br>3) Mince the Garlic Clove and add it on top of the Green Onions..  |
| <b>1</b>       | <b>Up To 4 Days Before:</b> Combine the Soy Sauce, Green Onions, Wine, Sugar, Honey, Food Coloring, Garlic and Cinnamon in a gallon Zip lock bag, seal and squeeze to mix until the Sugar completely dissolves. Add in the whole Tenderloins, seal and squeeze to coat the Meat thoroughly. Refrigerate overnight, squeeze and flip the bag a few more times to keep the marinade coating evenly over the Meat.   |
| <b>2</b>       | Preheat the oven to 350 degrees with a rack just below center. Meanwhile, drain the meat while reserving the marinade. Place the meat on a wire rack over a cookie sheet. Bake for 45 minutes, turning the meat often and basting with the reserved marinade.   |
| <b>FACTOID</b> | The Chinese traditionally hang the meat from a hook high up and slow roast it for 8 hours. Three times during the process, rolling the partially cooked Pork in fresh Marinade.   |
| <b>3</b>       | Let the meat rest for 15 minutes to let the juices redistribute and slice thinly (1/4" thick or so) across the grain.   |
| <b>SERVE</b>   | Place a few slices into any clear brothed hot soup or sprinkle with thinly chopped Green Onions and serve as an appetizer. A selection of different Dipping Sauces would be nice.   |