

## Grilled Hoisin and Bourbon Glazed Pork Tenderloin

The pork in this recipe is nourishing to the kidney yin, as are the berries and melon in the salsa. This is a great summertime recipe which was adapted from Cooking Light's May 2002 magazine. The original recipe can be found on p. 109 and 112.

1/3 cup hoisin sauce  
2 Tbsp. seasoned rice vinegar  
2 Tbsp. bourbon or brandy  
2 Tbsp. maple syrup  
1 ½ Tsp. grated fresh ginger  
1 ½ tsp. fresh lime juice  
½ tsp. chili paste with garlic  
1 garlic clove, minced  
cooking spray  
2 1 lb. pork tenderloins  
½ tsp. salt  
½ tsp. black pepper  
1 recipe Three Fruit Salsa

Combine hoisin sauce and next 7 ingredients (through garlic) in a small bowl. Stir well.

Spray grill rack with cooking spray, and pre-heat grill.

Slice pork tenderloins lengthwise, cutting to, but not through, the other side. Open halves, laying pork flat. Sprinkle pork with salt and pepper. Place pork on grill rack and cook for 5 minutes.

Turn pork, and baste with hoisin mixture. Cook 5 minutes. Continue to turn pork and baste every 5 minutes until the pork is cooked through (155 degrees on a meat thermometer). Let stand 5 minutes, then cut into ½ inch slices.

Serve with Three Fruit Salsa and a green salad.