

## 3 Pork Tenderloin Marinades

### Balsamic, Sesame Ginger, and Maple Dijon

#### Balsamic and Rosemary Marinade

- 3 T balsamic vinegar
- 3 T virgin olive oil
- 1 T fresh chopped rosemary
- 1 T Dijon mustard
- 1½ tsp garlic powder

#### Maple Dijon Marinade

- ¼ C Dijon mustard
- 2 T maple syrup
- 1 T apple cider vinegar
- 1 tsp dried thyme

#### Sesame and Ginger Marinade

- 2 T coconut aminos or soy sauce
- 1 T fresh grated ginger
- 1 T sesame oil
- 1 T rice vinegar
- 1 T honey
- ¼ tsp crushed red pepper flakes



1. Whisk together the ingredients for the marinade of your choice, then set aside.
2. Trim the silver skin off of the pork.  
The silver skin is the white, tough strip of connective tissue that runs about halfway down the pork tenderloin.  
Once you have removed it, season pork tenderloin with ½ **tsp coarse sea salt** and ¼ **tsp ground black pepper**.  
Note: if you are using soy sauce for the ginger-sesame marinade, omit the salt.
3. Pour the marinade over the pork tenderloin. **Refrigerate for 30 minutes up to 24 hours.**
4. Remove or from the marinade and drain off any excess, then grill or bake the pork until it reaches a temperature of 63°C.