

## Pork tenderloin with pumpkin-seed sauce

Paul Heitzenrater, Denver

(Prize vacation: Napa Valley)

Heitzenrater, a recreation therapist, and his partner, John Farnam, often host fund-raising dinners, with Heitzenrater as cook. Last year, he was casting around for a party dish when he remembered a pumpkin-seed sauce he'd gone crazy for in Puerto Vallarta. He concocted one and dolloped it onto pork tenderloin medallions, adding layers of flavor with toasted pumpkin seeds and pumpkin-seed oil. (Sometimes he also adds squash blossoms from his garden.)

**PREP AND COOK TIME** 40 minutes, plus marinating time

**MAKES** 4 to 6 servings

4 canned chipotle chiles in adobo sauce, chopped, plus 2 tbsp. sauce

$\frac{1}{4}$  cup orange juice

1 tbsp. light brown sugar

2 lbs. pork tenderloin

$\frac{3}{4}$  cup hulled pumpkin seeds

1 cup heavy whipping cream

1 clove garlic, minced

1 tsp. chipotle chile powder

$\frac{1}{2}$  tsp. salt

1 tbsp. pumpkin-seed oil

1. In a small bowl, combine chiles, sauce, orange juice, and sugar. Put pork in a baking dish and add marinade, turning pork to coat. Cover and refrigerate at least 2 hours and up to overnight.

2. Preheat oven to 375°. Toast pumpkin seeds on a baking sheet until they have popped and are just starting to brown, 7 to 11 minutes. Let cool. In a food processor, whirl  $\frac{1}{2}$  cup of seeds into a paste.

3. Heat grill to medium-high. Grill pork, turning once, until an instant-read thermometer inserted into center reads 160°, about 10 minutes per side. Let rest 10 to 15 minutes. Reserve juices.

4. Meanwhile, in a medium pan over medium heat, combine pumpkin seed paste, cream, garlic, chile powder, and salt. Cook, whisking until thickened, 3 to 5 minutes. Stir in reserved pork juices.

5. Slice pork into  $\frac{1}{2}$ -in. medallions. Drizzle with sauce and pumpkin-seed oil and garnish with remaining  $\frac{1}{4}$  cup toasted pumpkin seeds.

**PER SERVING** 411 CAL., 59% (243 CAL.) FROM FAT; 33 G PROTEIN; 27 G FAT (13 G SAT.); 8.7 G CARBO (0.9 G FIBER); 414 MG SODIUM; 150 MG CHOL.

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