

Roast Pork Tenderloin (yaki-butā)

great!

This also makes a delicious main course dipped in hot English mustard and soy sauce. I usually make two, one for dinner and the other for ramen lunches during the week.

INGREDIENTS:

- ☐ ¼ cup soy sauce
- ☐ 2 garlic cloves, minced
- ☐ 1 tablespoon minced ginger
- ☐ 1 tablespoon brown sugar
- ☐ ¼ cup sake
- ☐ ½ teaspoon sesame oil
- ☐ 1 or 2 pork tenderloins (1½ to 2 pounds total)

INSTRUCTIONS: Mix together the soy sauce, garlic, ginger, sugar, sake and sesame oil in a glass baking dish or plastic storage container. Put the pork in the dish and turn to coat with marinade on all sides. Let marinate for at least 1 hour or, for best results, cover and refrigerate overnight.

Preheat the oven to 425°. Remove the pork from the marinade and place in a roasting pan. Roast, basting every 15 minutes, until the internal temperature reaches 150° on an instant-read thermometer (inserted in the thickest part of the meat).

Remove from the oven and let cool to room temperature before slicing.

The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Variables include marinating time and amount of surface area. Therefore, this recipe contains no analysis.