

Recipe Name: Asian Pork Tenderloin**Recipe Category:** Dinner Entrée**Portion Size:** 3 oz. boneless meat**Ingredients:** Yields: 8 servings

Ingredients	Notes:
2 Pork Tenderloin (about 2-1/2 pounds), cut into 4 to 6-inch portions	Trim all visible fat.
1/2 cup reduced-sodium or regular soy sauce	
1/2 cup dark brown barbecue sauce	
1/4 cup creamy peanut butter	
2 teaspoons garlic powder	
8 green onions, cut crosswise in half	Wash thoroughly before cutting

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Combine soy sauce, barbecue sauce, and peanut butter and garlic powder in small bowl; stir to combine thoroughly. Place pork tenderloin and soy sauce mixture in sealable container; turn to coat steaks. Close bag securely and marinate in refrigerator 1 hours or as long as overnight, turning occasionally	Store in refrigerator at less than 40 degrees F while marinating
2	Remove pork tenderloin from marinade; discard marinade. Place pork on rack of broiler pan so surface of pork is 2 to 3 inches from heat. Broil 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Carve steaks diagonally across grain into thin slices. During last 3 minutes of broiling top steaks with green onions.	Discard marinade. Minimum Temperature 145°F for 15 seconds

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size after cooking. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: green onions.

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: green onions.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: green onions

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency after cooking. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: green onions.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland: omit barbecue sauce, garlic powder and onion

Liberal House Renal: Omit soy sauce, barbeque sauce, peanut butter, season with no salt herbs

No Added Salt: Omit soy sauce

2 Gram Sodium: omit soy sauce, barbecue sauce, peanut butter, season with no salt herbs

Gluten Free: Use GF soy sauce and BBQ sauce. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X				X	X	

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free