



FIVE SPICE-SMOKED PORK TENDERLOINS

Chinese five spice rub and smoking with wood chips are the perfect antidote for the relatively mild flavor of the pork tenderloin. Because it's so lean brining for 2 hours in salted water is recommended, but not essential. (Read about Brining, page 00). Suggested wood chip flavor are cherry, pecan, or apple.

Makes 4 to 6 Servings

2 pork tenderloins, each about 1 pound

2 quarts water

1/2 cup coarse salt

3 star anise

Ice cubes

2 tablespoons soy sauce

2 teaspoons five spice powder

1 teaspoon coarse salt

1/2 teaspoon freshly ground black pepper

2 teaspoons honey

4 strips (3 by 1/2 inch) orange zest, finely slivered

1. Remove the silver skin from the pork tenderloins: Lay the pork out on a cutting board and trim any excess fat. Locate the silver skin which is a long narrow shiny white membrane that runs along the surface of the meat. With the tip of a thin sharp knife make a small cut at the top of the silver skin long enough for you to hold onto the skin with the finger tips of one hand. With the other hand pull the knife, its blade leaning toward the skin, along the skin and parallel to the meat to separate it from the meat.

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2. Make the Brine: Combine the water, salt, and star anise in a large bowl and stir to dissolve the salt. Add the pork and a cupful of ice cubes. Cover and refrigerate for 2 to 3 hours, but not longer or the pork may get mushy. The pork can be brined a day ahead, drained and reserved for smoking the next day. Discard the brine and pat the pork dry with paper towels.
3. Set up the smoker: Follow the manufacturer's instructions. Each smoker is slightly different.

Recipe adapted from *Things Cooks Love* by Marie Simmons
(Houghton Mifflin Harcourt 2011)