



## Quick and Easy Pulled Pork Tenderloin

SERVES:  TO 

PREP TIME: **15** MINUTES

GRILLING TIME: **15** TO **20** MINUTES

SPECIAL EQUIPMENT:  
INSTANT-READ THERMOMETER

### // SAUCE

- 1 cup ketchup
- ½ cup water
- 2 tablespoons unsalted butter
- 2 tablespoons cider vinegar
- 1 tablespoon molasses
- 1 tablespoon Worcestershire sauce
- 1 teaspoon granulated garlic
- ½ teaspoon ground black pepper

### // RUB

- 1 teaspoon kosher salt
  - 1 teaspoon prepared chili powder
  - ¼ teaspoon granulated garlic
  - ½ teaspoon ground black pepper
- 2 pork tenderloins, each ¾ to 1 pound, trimmed of excess fat and silver skin
- 2 tablespoons extra-virgin olive oil

**1. In a small saucepan whisk the sauce ingredients.** Bring the sauce to a simmer over medium heat and simmer gently for about 5 minutes, whisking occasionally. Set aside to cool at room temperature.

**2. In a small bowl mix all of the rub ingredients.**

**3. Lightly coat all sides of the tenderloins with the oil and season evenly with the rub, pressing the spices into the meat.** Allow the tenderloins to stand at room temperature for 15 to 30 minutes before grilling.

**4. Prepare the grill for direct cooking over medium heat (350° to 450°F).**

**5. Brush the cooking grates clean.** Grill the tenderloins over **direct medium heat**, with the lid closed as much as possible, until the outsides are evenly seared and the internal temperature reaches 150°F, 15 to 20 minutes, turning about every 5 minutes. Remove from the grill and wrap with aluminum foil. Let rest for about 15 minutes or until cool enough to comfortably handle.

**6. Cut the tenderloins crosswise into quarters.** Pull the warm meat apart with your fingers or use two forks to shred the meat. In a large bowl moisten the pork with as much of the sauce as you like. Serve on a bed of soft polenta or use it to make a quick version of a pulled pork sandwich.

*Access the grocery list for this recipe on your mobile device. [timetogrill.mobi](#).*



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