Smoked Pork Tenderloin With Molasses Barbecue Sauce

Makes 6 servings.

I recommend smoking pork over pecan shells or hickory chips and finishing it on the grill to crisp the exterior. This is delicious served hot or at room temperature accompanied by Mango Salsa (see recipe).

2 teaspoons olive oil
1 small onion, finely chopped
1 jalapeno pepper, seeded and minced
1 clove garlic, minced
½ cup molasses
½ cup cider vinegar
¼ cup Dijon mustard
1 tablespoon reduced-sodium soy sauce
2 (¾-pound) pork tenderloins, trimmed of fat

■ In a medium-sized saucepan, heat oil over medium heat. Add onions, jalapeno peppers and garlic; saute until softened, 2 to 3 minutes. Add molasses, vinegar, mustard and soy sauce and simmer for 5 minutes, stirring occasionally. Let the sauce cool. Marinate the tenderloins in half the sauce in a shallow dish in the refrigerator for 1 to 8 hours, turning occasionally. (Reserve the remaining sauce for basting.)

■ Prepare a pan for smoking (see article), using 1½ tablespoons hardwood flakes or sawdust. Place the tenderloins on the rack. Smoke for 25 minutes. Check for doneness: The internal temperature should register 160 degrees. If necessary, continue smoking until the tenderloins are cooked through.

■ Meanwhile, prepare a charcoal or gas grill or preheat the broiler. Grill or broil the smoked tenderloins, brushing with the reserved sauce, until glazed, about 2 minutes per side.

■ **Nutrients per serving:** 22 calories, 25 grams protein, grams fat, 18 grams carbohydrate 200 milligrams sodium, 79 milligrams cholesterol.

Notes: