

# Co-op Kitchen



## GRILL & CHILL: BBQ FAVORITES & PICNIC CLASSICS

This month we're firing up the flavor with a backyard favorite from **Cody Berry**, SEI REMC Accounting Assistant — Smoked Pork Tenderloins. Packed with savory seasoning and finished with a sweet glaze and fruit preserve drizzle, this recipe is a perfect addition to your summer cookout or picnic table. It's easy to make, full of bold flavor, and sure to be a hit at any gathering.

### Smoked Pork Tenderloins

**PREP**  
20 minutes

**COOK TIME**  
1.5 - 2 hours

**REST TIME**  
5 - 10 minutes

**TOTAL TIME**  
Approx. 2 hours

#### Ingredients

- 1 package of pork tenderloins (contains 2 tenderloins)
- Your choice of dry rub or seasoning (e.g., Traeger Coffee & Black Pepper Rub)
- Apple maple bacon jam (for glazing)
- Apple cider vinegar (for spritzing)
- Paper towels (for drying)
- Avocado Oil
- Spicy brown mustard
- Hot honey
- 1 tablespoon of butter
- 2-3 tablespoons of fruit preserves (cherry or blueberry recommended)
- Drizzle of balsamic vinegar

#### Instructions

1. **Prep the Tenderloins:** Thaw the pork tenderloins to near room temperature. Trim any large pieces of fat and remove the silver skin (a thin strip of tenderloin). Pat the tenderloins dry with paper towels.
2. **Make the Binder:** In a small bowl, mix avocado oil, spicy brown mustard, and hot honey to create a thick but pourable binder.
3. **Season the Meat:** Coat the tenderloins with your favorite dry rub or seasoning blend.
4. **Smoke or Bake:** Preheat smoker or oven to 225°F. Place the tenderloins directly on the smoker rack (top rack preferred) or a baking rack in the oven. Smoke or bake for 45 minutes to 1 hour. Spritz occasionally with apple cider vinegar to retain moisture.
5. **Flip & Glaze:** When the internal temp reaches 100–115°F, flip and rotate tenderloins. At 135–140°F, brush with apple maple bacon jam to glaze. Continue cooking until internal temp reaches 142°F, then remove and let rest for 5–10 minutes (final temp will rise to 145°F).
6. **Prepare the Fruit Preserve Sauce:** In a saucepan, melt 1 tablespoon of butter over medium heat. Stir in the fruit preserves and a drizzle of balsamic vinegar. Bring to a quick boil, then reduce heat and stir until the sauce thickens to a drizzling consistency.
7. **Serve:** Slice the tenderloins and drizzle with warm fruit preserve sauce. This is great as a main dish or served on a charcuterie board with cheese and crackers.

Next month's Co-op Kitchen theme is:

## DAIRY DELICIOUS: Creamy, Cheesy & Cool Treats

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