



# Cooking with a kick!

## Double Comfort Spicy Bourbon & Brown Sugar Pork Tenderloin

*Makes 3-4 servings*

- 2 lb. pork tenderloin
- 2 TB *Soul of the South* spice blend
- 2 TB brown sugar
- 2 TB canola oil
- 1 TB butter
- 1/3 cup bourbon or whiskey

1. Heat oven to 350 degrees
2. Mix brown sugar and *Soul of the South* spice blend together in small bowl.
3. Set tenderloin on large plate. Using clean hands, rub brown sugar/*Soul of the South* mixture into the tenderloin, pressing firmly and coating all sides and crevices in the meat.
4. Set aside for 10 minutes to allow seasonings to marinate tenderloin.
5. In cast iron skillet (or oven proof skillet), melt butter and add oil. Bring to hot temperature, but not smoking. Gently place meat in skillet. Brown to a nice golden color on all sides. (Don't worry about cooking the inside at this point.) Remove from heat.
6. Pour bourbon over tenderloin in skillet. (Bourbon may spatter, may want to wear oven mitts.) Turn tenderloin so it is all covered. Cover pan with foil.
7. Put pan in oven and cook for about 20 minutes, until it reaches 140 degrees internally.
8. Remove from oven, and let set for 5-10 minutes. This will allow meat to continue to cook, without drying out.
9. Slice and enjoy. If you'd like, pour pan juices over meat on a bed of rice.

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*Double Comfort Foods is a social enterprise.  
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