

Pork Tenderloin with Allspice Dry Rub

INGREDIENTS:

- 3-to 4-pound boneless pork roast with a good marbling of fat, or two large tenderloins for the grill
- 4 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme or sage leaves
- 1 bay leaf, crushed
- 1/4 teaspoon ground allspice
- 2 cloves garlic, minced or put through a press.

STEPS:

1. Dry the meat well with paper towels.
2. In a bowl or a mortar, mix the remaining ingredients together and rub into the surface of the pork.
3. Place in a covered dish and marinate in the refrigerator for at least 6 hours or up to 2 days. Turn the meat 2 or 3 times if the marinade is a short one; several times a day if longer.
4. Heat oven to 325 degrees, or a grill to medium-high.
5. Scrape off the marinade and dry the meat thoroughly with paper towels.
6. For roasting, place meat on a rack in a shallow pan and turn often until just cooked through, about 30 minutes per pound or until internal temperature reaches 140 degrees.
7. For grilling, place tenderloins on oiled grate, cover, and cook for 12 to 15 minutes, turning every 2 minutes, or until internal temperature reaches 140 degrees.
8. Cover meat with foil and let rest 10 minutes before slicing.

Jamaican Jerk Sauce

Ingredients:

- 1 medium to large yellow or red onion, roughly chopped
- 4 green onions (scallions), roughly chopped
- 5 cloves garlic, peeled
- 1 inch piece fresh ginger root, peeled and sliced
- 1 Scotch bonnet or habanero pepper (use more if you like it REALLY hot, omit or only use a portion if you don't like a lot of heat), seeds discarded (use gloves)
- 1 tablespoon neutral tasting oil (e.g. avocado, canola, peanut)

- 2 tablespoons soy sauce
- 3 tablespoons freshly squeezed lime juice
- 1 tablespoon apple cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon honey
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
- 1 tablespoon ground allspice
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper

Instructions:

1. Place all of the ingredients in a food processor or blender, then pulse the ingredients until you reach the desired consistency. (Generally jerk sauce is a smooth/ slightly chunky sauce but you can opt for a chunkier sauce or a smoother sauce depending on how you prefer it). Store in the fridge in an airtight jar where it will keep for up to a week.

Makes approx. 1 1/2 cups

Source: <https://www.daringgourmet.com/jerk-sauce/#recipe>

Autumn Spiced Nuts

Ingredients:

- 1 teaspoon garam masala
- 1/2 teaspoon cardamom
- 1/2 teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon allspice
- 1/4 teaspoon salt

- 1 1/2 teaspoons fresh rosemary, finely chopped
- 2 egg whites
- 2 tablespoons honey
- 2 cups (300 grams) almonds, raw unsalted
- 2 cups (250 grams) pecans, raw unsalted
- 2 cups (256 grams) cashews, raw unsalted
- 1 cup (119 grams) pumpkin seeds, unsalted with or without shells

Instructions:

1. Preheat oven to 350°F/180°C with oven rack in the center of oven.
2. Line 1 large and 1 medium baking sheets with parchment paper.
3. Add the garam masala, cardamom, cinnamon, nutmeg, allspice, rosemary and salt to a small bowl, mix and set aside.
4. Add the egg whites and honey to a mixing bowl and whisk until frothy. Stir in the nuts and pumpkin seeds. Add the spices in small batches, mixing well between additions.
5. Spread the nut mixture onto the baking sheet in an even layer. Roast for 10 minutes, stir and continue to roast for another 10 minutes.
6. Remove from the oven and allow to cool.

Source: <https://culinaryginger.com/autumn-spiced-nuts/#mv-creation-189-jtr>