

Glazed Pork Tenderloin with Gingery Carrots
"This Dinner Party Tenderloin Won't Break the Bank,"
By David Tanis, *The New York Times*
February 5, 2026

Total Time: 2 hours 10 minutes

Prep Time: 15 minutes

Cook Time: 1 hour 55 minutes

Yield: 4 to 6 servings

Ingredients

2 pork tenderloins (about 1¼ pounds each)
½ cup soy sauce
½ cup mirin
¼ cup brown sugar
4 garlic cloves, grated
1 tablespoon toasted sesame oil
¼ teaspoon ground cayenne
1-pound young slender carrots, cut into 2-inch batons
6 tablespoons unsalted butter
1 (1-inch) piece fresh ginger, peeled and slivered
1 teaspoon kosher salt (such as Diamond Crystal)
½ teaspoon crushed red pepper
Chives or scallions, for garnish

Preparation

1. Place pork tenderloins in a shallow baking dish. Stir together soy sauce, mirin, brown sugar, garlic, sesame oil and cayenne.
2. Pour mixture over pork and coat well. Cover and marinate for at least 1 hour or up to 24 hours, turning occasionally.
3. Bake at 375 degrees until a thermometer registers 130 degrees, about 30 minutes. Pan juices should have thickened and become syrupy — if not, remove the pork and return the pan with sauce to the oven for a few minutes. (Alternatively, transfer to a small saucepan and reduce juices briefly over high heat.) Cover loosely and let rest for 15 to 20 minutes. Pork tenderloin is very lean, so be careful not to overcook or it will be dry.
4. Meanwhile, cook the carrots: Place carrots, butter and ginger in a large skillet or a low, wide saucepan. Add salt and 2 cups water. Cook over high until boiling, then reduce to a brisk simmer and cook, uncovered, until the water has evaporated and carrots are tender, stirring occasionally, about 15 minutes. Sprinkle with a pinch of crushed red pepper.
5. Reheat pork briefly in a low (250-degree) oven, if necessary. Slice ¼-inch thick at an angle and spoon pan juices over. Surround with carrots and shower with snipped chives or scallions.