

# Grilled Japanese Pork Skewers



## Ingredients

2 pork tenderloins, well-trimmed, about 12 oz / 375 g EACH  
1 Tbsp / 15 mL canola oil  
½ tsp / 5 mL EACH salt and ground black pepper  
½ cup / 125 mL sodium-reduced soy sauce  
¼ cup / 50 mL mirin  
1 Tbsp / 15 mL unseasoned rice vinegar  
1 Tbsp / 15 mL packed brown sugar  
2 cloves garlic, pressed  
1 Tbsp / 15 mL grated ginger root  
2-3 drops hot pepper sauce  
2 tsp / 10 mL cornstarch mixed with equal amount water  
5-6 green onions, each cut into 2-inch pieces (white and green parts)  
Toasted sesame seeds for garnish

## Directions

1. With sharp knife, slice each tenderloin into 20-24 uniform pieces.
2. Place pork cubes in large bowl. Drizzle with oil and sprinkle with salt and pepper. Stir to combine. Set aside.
3. In small saucepan, thoroughly combine soy sauce, mirin, vinegar, brown sugar, garlic, ginger, hot pepper sauce and cornstarch mixture. Bring sauce to a gentle boil over medium heat. Reduce heat to low; let simmer 5-6 minutes, stirring often, just until sauce is slightly thickened. Remove saucepan from heat and let cool. Reserve 3 Tbsp sauce for serving.
4. Thread pork loosely onto bamboo\* or metal skewers, alternating with green onion pieces. Set aside.
5. Preheat barbecue on high; reduce heat to medium. Grill skewers on lightly oiled grill grate for 2-3 minutes per side until nicely grill marked.
6. Brush skewers with sauce, turning and brushing every 2 minutes until pork is nearly cooked through and appears glazed. Do not overcook.
7. To serve, drizzle skewers with reserved sauce and garnish with toasted sesame seeds.

\*Soak bamboo or wooden skewers in water for about 30 minutes prior to placing food on skewers to minimize burning.

## **Additional Info**

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 15
- **Number of Servings:** 10-12 skewers