

Bacon Brown Sugar Pork Tenderloin: Sweet, Savory & Easy

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OVEN
400°F

TIME
2-3 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

1 pork tenderloin (approximately 1 lb / 450g)
4 bacon strips (thin or regular cut work best)
1/4 cup packed brown sugar
2 tablespoons of Dijon mustard
1 tablespoon of olive oil
1 teaspoon garlic powder
1/2 teaspoon of salt
1/4 teaspoon black pepper

Swaps and Notes:

Pork Tenderloin: This recipe is specifically for tenderloin due to its quick cooking time and lean nature. Pork loin is a different cut and would require different cooking times.

Bacon: Thin or regular-cut bacon works best for crisping around the tenderloin. Thick-cut bacon might need a bit longer to crisp up fully.

Brown Sugar: Both light and dark brown sugar work. Dark brown sugar will give a slightly deeper molasses flavor.

Dijon Mustard: Don't skip the Dijon! It provides a crucial tangy balance to the sweetness of the brown sugar.

Garlic Powder: Fresh minced garlic can be used, but garlic powder blends seamlessly into the glaze.

Seasoning: A pinch of smoked paprika could be added to the glaze for an extra layer of smoky flavor.

Olive Oil: Any high-heat cooking oil (like avocado or canola) can be used for searing.

DIRECTIONS

1. **Creating this flavorful :** Bacon Brown Sugar Pork Tenderloin is simpler than you might think. Follow these steps for tender, juicy results:
2. **Preheat :** Oven: Begin by preheating your oven to 400°F (200°C). This higher temperature is perfect for both finishing the bake and crisping the bacon.
3. **Make the :** Glaze: In a small bowl, combine the 1/4 cup packed brown sugar, 2 tablespoons of Dijon mustard, 1 teaspoon garlic powder, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Whisk these ingredients together until you have a smooth, well-combined glaze. Set aside.
4. **Sear the :** Pork Tenderloin: Heat the 1 tablespoon of olive oil in a large, oven-safe skillet (like cast iron) over medium-high heat. Once the oil is shimmering, carefully add the pork tenderloin to the hot skillet. Sear the pork on all sides until it's beautifully golden brown (about 2-3 minutes per side). This step creates a fantastic crust and locks in moisture.
5. **Glaze the :** Pork: Remove the seared pork tenderloin from the skillet and place it on a clean cutting board or plate. Immediately brush the entire surface of the pork tenderloin generously with the prepared brown sugar Dijon glaze.
6. **Wrap with :** Bacon: Carefully wrap the bacon strips around the glazed pork tenderloin. You might need to overlap them slightly to cover the surface. If necessary, secure the bacon strips with toothpicks to keep them in place during baking.
7. **Bake to :** Perfection: Transfer the bacon-wrapped pork tenderloin to a clean baking sheet (or use the same

oven-safe skillet if it's large enough). Place it in the preheated oven and bake for 20-25 minutes, or until the pork reaches an internal temperature of 145°F (63°C) when measured with a meat thermometer inserted into the thickest part of the tenderloin. The bacon should be crispy and golden.

8. **Rest and : Serve:** Once cooked, remove the pork tenderloin from the oven. Let it rest for 5-10 minutes before slicing. This resting period is crucial for the juices to redistribute, ensuring a tender and juicy result. Slice the pork into medallions and serve hot.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/bacon-brown-sugar-pork-tenderloin-sweet-savory-easy/>

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