

PORK STEAK

- 2 pounds pork tenderloins
- Salt and pepper, to taste
- 1 small clove garlic, minced
- 4 tablespoons of country-style mustard
- 2 tablespoons honey
- 2 tablespoons light or dark brown sugar
- 1 tablespoon apple cider vinegar or balsamic vinegar
- 1/2 teaspoon dried leaf thyme, crumbled
- 1 tablespoon cornstarch
- 1 tablespoon cold water



How to Make It

1. Wash and trim (see how to trim a pork tenderloin, below) the pork and pat dry with paper towels. Sprinkle the pork tenderloins lightly with salt and pepper.
2. Place the pork in the slow cooker.
3. In a small bowl, combine garlic, mustard, honey, brown sugar, vinegar, and thyme. Pour the mixture over the pork. Turn the tenderloins to coat thoroughly.
4. Cover the pot and cook on LOW for about 5 to 7 hours, or on HIGH for about 2 1/2 to 3 1/2 hours.
5. Remove pork to a plate, cover with foil and keep warm.
6. Pour the liquids into a saucepan and bring them to a boil over high heat. Reduce the heat to medium and boil for about 3 to 5 minutes, or until reduced by about 1/3.
7. Combine the cornstarch and cold water and whisk into the reduced juices and cook for 1 minute longer or until thickened.
8. Serve pork sliced with the thickened juices along with rice or potatoes and steamed vegetables.