
Kentucky Farm to School Junior Chef



Barbeque Pork Tacos with Apple Poppy Seed Coleslaw

Boyled to Perfection-Boyle County High School

Ingredients:

For the Sauce:

1¼ Cup Ketchup
¼ Cup Brown Sugar
½ Tbsp Honey
¾ tsp Paprika
¾ tsp Garlic Powder
1 ½ tsp Honey Mustard
½ Tbsp Worcestershire Sauce

Dry Rub for Pork Tenderloin

1 tsp Ground Black Pepper
¼ tsp Cayenne Pepper
1 tsp Chili Powder
1 tsp Ground cumin
1 Tbsp Brown Sugar
1 tsp Dried Oregano
2 Tbsp Paprika
1 Tbsp Salt
½ Tbsp Sugar
1-1.5 lb Pork Tenderloin

For the Slaw

1 Cup	Shredded Green Cabbage
¾ Cup	Shredded Red Cabbage
½ Cup	Shredded Carrot
½ Cup	Granny Smith Apple, julienned
5 Tbsp	Mayonnaise
1 ½ Tbsp	Olive Oil
1 Tbsp	Apple Cider Vinegar
	Juice of ½ lemon
1 Tbsp	Poppy Seeds
¼ Cup	Sugar
	Salt and Pepper, as needed

Other

Whole Grain Tortillas
Cooking Spay

Directions:

- 1- Preheat oven to 350 F
- 2- Combine all ingredients for BBQ sauce in a small saucepan
- 3- Bring sauce to a simmer and then turn to low
- 4- Allow sauce to cook for about 45-60 minutes, stirring occasionally
- 5- Combine ingredients for rub in a small bowl
- 6- Pat pork tenderloin down with paper towels
- 7- Slice pork tenderloin into medallions and season with the rub on all sides.

- 8- Place seasoned pork in glass baking dish and place inside the heated oven. Cook pork for 30-40 minutes or until it reaches an internal temperature of 145 F
- 9- While pork is cooking wash and cut vegetables for slaw as directed.
- 10- Combine cabbages, carrot, and apple in a large bowl
- 11- In a separate bowl, whisk mayonnaise, olive oil, vinegar, lemon juice, poppy seeds, and sugar. Pour half the mixture over the cabbage mixture and combine.
- 12- Cover remaining dressing and the cabbage mixture with plastic wrap and chill until you're ready to top the tacos.
- 13- Remove pork from the oven and check the temperature with a meat thermometer. The internal temperature should be at least 145 F.
- 14- Shred pork in the food processor and set aside.
- 15- Lightly spray a medium sized skillet with cooking spray and heat tortillas until small bubbles form. Flip tortilla to heat other side.
- 16- Remove slaw from refrigerator and mix. Check to see if additional dressing mixture needs to be added.
- 17- After tortillas are heated, layer pork, prepared sauce, and slaw on top. Roll tortillas up and plate as desired.