

# Quick Barbecue Pork Sliders

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*I love shredded pork sandwiches...they are great with lots of barbecue sauce. It takes a long time to slow roast a pork butt until it's fork tender, so I came up with this alternative quick Barbecue Pork Slider recipe using pork tenderloins, which takes 15 minutes to cook on the Grill. It requires some advance planning, but the results are worth it. I've used frozen bread dough to make the buns, so they are fresh, but easy. The home-made barbecue sauce recipe comes from my friend Kay, who tells me it's origin is from the LA Times and is super easy to make. The dry rub can be purchased or made ahead.*

24	frozen Parkerhouse Rolls	2 Tbs	packed light brown sugar
		4 Tbs	Worcestershire sauce
2 ½ pounds	pork tenderloins	½ tbs	molasses
3 Tbs	dry rub	½ tbs	canned chipotle pepper, pureed
1 cup	catsup	4 Tbs	chili powder
½ cup	apple cider vinegar		



- 1 The night before or several hours before, apply rub to pork tenderloin massaging it into the meat. Cover and refrigerate until ½ hour before cooking.
- 2 At least 4 hours before serving, remove bread dough from freezer and place in an oiled 13 x 9 cake pan. Line up the rolls 4 x 6. Spray or brush with olive oil. Cover with plastic wrap, while they thaw and rise. Take plastic wrap off for last hour. Rolls should double in size. Bake at least 20 minutes before serving or sooner. (This process may take longer if it's winter or your room is cold.. Refer to package directions for further explanation.)
- 3 Make Barbecue sauce. In large saucepan, combine catsup, cider vinegar, brown sugar, worcestershire sauce, molasses chipotle and chili powder with ½ cup water. Bring to a boil, then reduce heat to a simmer and cook 30 minutes, stirring occasionally to prevent scorching. Set aside until meat is cooked.
- 4 Place rolls in 375 degree oven for 10-15 minutes or until top is browned.
- 5 Heat barbecue on high. Place pork tenderloin on barbecue and turn heat to medium. Cook approximately 3 minutes on one side to sear and turn over for another 3 minutes. Repeat process giving each side another 4 minutes approximately. Meat is done when it has some sponginess when pressed, but feels fairly firm. Internal temperature should be about 150°. Set meat aside on a serving plate for ten minutes before slicing.
- 6 Assemble pork sliders by slicing rolls, placing a slice or two of meat on the roll and top with the Barbecue sauce.

Servings: 8

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Inactive Time: 4 hours

Total Time: 4 hours and 45 minutes

## Nutrition Facts

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Nutrition (per serving): 455 calories, 78 calories from fat, 8.7g total fat, 95.1mg cholesterol, 934.7mg sodium, 958.1mg potassium, 54.8g carbohydrates, 2.9g fiber, 16.2g sugar, 38.8g protein.

## Source

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Author: Patricia Rose; Los Angeles Times

Source: June 2011

