

Sautéed Pork Loin Medallions with Rice and Red Beans

Yield: 6 servings

Prep time: 20 minutes (plus 8 to 24 hours refrigeration)

Cook time: 15 minutes

2 pounds boneless pork loin, cut into 24 cubes, about 1 to 2 inches square

5 tablespoons pure olive oil

1 medium white onion, cut into 1/2-inch rings

2 limes, cut into wedges

Mojo Marinade

3 tablespoons fresh lemon juice

3 tablespoons fresh lime juice

3 tablespoons fresh orange juice

2 garlic cloves, crushed under a knife and peeled

1/3 cup chopped shallots

1/2 teaspoon cumin powder

1/4 cup canola oil

1/4 cup fresh chopped cilantro or 1 tablespoon dried

1/4 cup fresh chopped parsley or 1 tablespoon dried

1 teaspoon kosher salt

Arroz Mamposteado

2 tablespoons extra virgin olive oil

1 yellow onion, chopped

1/2 cup seeded and chopped green bell pepper

1/2 cup seeded and chopped red bell pepper

4 garlic cloves, finely chopped

1 teaspoon smoked paprika

1 teaspoon ground cumin

1 15-ounce can red beans

1 cup canned reduced-sodium chicken broth

1/2 cup chopped fresh cilantro or 2 teaspoons dried

1/2 platano maduro (ripe sweet plantain, see notes below), cut into 1/2-inch pieces

2 tablespoons tomato sauce or 1 tablespoon tomato paste mixed with 2 tablespoons water

1 teaspoon kosher salt

2 cups cooked, medium grain white rice, chilled (*see note below*)

Platanos

1 tablespoon pure olive oil

1 1/2 platanos maduros (*ripe sweet plantains, see note below*), sliced on a diagonal into 18 rounds

1. Make the Mojo Marinade: Process the ingredients in a blender until smooth.
2. Put the pork in a 1-gallon sealable plastic bag and pour in the marinade. Close the bag and refrigerate for at least 8 hours or up to 24 hours.
3. Remove pork from the marinade, pat the pork dry on paper towels to remove excess marinade. Let stand at room temperature for 1 hour to lose its chill.

4. Make the Arroz Mamposteado: In a large skillet, heat the oil over medium heat. Add the onion, green and red peppers, and garlic and cook, stirring occasionally, until softened, about 4 minutes. Stir in the paprika and cumin and cook 1 minute more, until fragrant. Stir in the beans, broth, cilantro, platano pieces, tomato sauce, and salt and bring to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the liquid is reduced by about half, 10 to 15 minutes. Add cooked rice and mix it in, breaking up any clumps with a wooden spoon. Cook until heated through, about 5 minutes. Remove from heat and partially cover to keep warm.
5. In a large skillet, heat 1 tablespoon of the oil over medium-high heat and add the onion rings. Cook, stirring occasionally, just until they beginning to turn translucent, 2 to 3 minutes. Transfer to a plate.
6. Preheat oven to 200 degrees F. Add 2 tablespoons of oil to the skillet and heat. Add half of the pork in a single layer. Cook, turning occasionally, until browned on all sides and pork shows the barest sign of pink when pierced with the tip of a sharp knife or until a digital meat thermometer reads between 145 degrees F. and 160 degrees F., about 6 minutes. Transfer to a baking sheet and keep warm in oven. Repeat with remaining pork and oil. Return pork and any juices to the skillet. Add the onions and toss well. Remove from the heat.
7. Cook the Platanos: Heat the oil in a large nonstick skillet over medium-high heat. Add the platanos rounds and cook until the undersides are golden brown, 2 to 3 minutes. Flip them over and brown reverse sides, about 2 minutes more.
8. Divide the pork, onions, rice, and platanos among six dinner plates. Add the lime wedges and serve.

Notes: Plantains are sold both unripened or ripened. Unripened plantains (verders) are firm with green or yellow skins, and very starchy when cooked. Ripened plantains (maduros) are soft with blackened skins, and sweeter after cooking. To peel plantains, use the tip of a small sharp knife to score deeply along ridges in the peel, just to reach the flesh. Cut off the top and bottom of the fruit, and pull off the tough, thick skin in sections.

Medium grain rice is stickier than the common long grain variety, which makes it easier to serve by the spoonful because the grains cling together. For this recipe, use 2/3 cups raw rice. Boil it just like pasta, in a saucepan of salted water over high heat, until tender, about 20 minutes. Drain, transfer to a bowl, let cool, cover, and refrigerate until chilled, at least 1 hour.

*Recipe Credit: Jose Mendin
Pubbelly Noodle Bar, Miami FL*

Serving Suggestion: Serve alongside a crisp Romaine lettuce salad with tangy ranch dressing.

Nutritional Information per Serving

Calories: 750	Fat: 41 g	Saturated Fat: 6 g
Cholesterol: 95 mg	Sodium: 970 mg	Carbohydrates: 57 g
Protein: 40 g	Fiber: 7 g	