



Mac Nut Crusted Pork with Cucumber Avocado Salsa

Yields: 20P, 10C, 60F

Ingredients for Cucumber Avocado Salsa:

- 2 large cucumbers, peeled, seeded and small dice
- 10 large roma tomatoes, seeds removed, small dice
- 2 avocados, removed from skin and pit, small dice
- 4 limes juiced
- 2 jalapeños, small dice (seeded if you prefer a mild salsa)
- ½ bunch cilantro, chiffonade (approximately ½ cup)
- Kosher salt and black pepper, to taste

Ingredients for Mac Nut Crusted Pork:

- 1 pork tenderloin, silver skin removed, sliced into medallions
- 2 eggs, beaten
- 1 cup macadamia nuts, ground to flour/meal consistency
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1 teaspoon granulated garlic

Preparation Instructions for Pork:

1. Combine pork tenderloin, eggs, salt, pepper and garlic in a bowl and mix well.
2. Preheat a large sauté pan over medium-high heat and add coconut oil*, the target temperature for pan frying is 350°-375° F (175°-180° C).
3. Remove cutlets from egg mixture one at a time and coat both sides in the Mac Nut Meal, then lay them gently in the hot Coconut oil.
4. The pork will cook for 1-2 minutes on the first side, but check regularly to make sure that the breading is not getting too dark. The goal is to achieve a crisp light golden-brown color, when this is achieved, flip cutlets and cook for approximately one minute on second side.
5. If the Mac Nut breading becomes dark too quickly, then turn down the heat. Heat moderation when frying is an acquired skill, which will take practice to master. However, you can use an electric fry pan if you have one.
6. Once cutlets are light-golden-brown on both sides, then remove them from the oil onto a baking rack or paper towel, allow to rest for 1+ minutes and then serve with a smile.

Preparation Instructions for Cucumber Avocado Salsa:

1. Combine all ingredients in a large mixing bowl and mix well.
2. Season with salt and pepper to your liking. Enjoy!

* DO NOT ADD ALL OF THE COCONUT OIL AT ONCE. The goal is to have enough oil to in the pan to cover half of the thickness of the cutlets. Remember that the oil will rise as you add cutlets, but the Mac Nuts will also absorb oil. Practice will teach you how to pan fry. Please read below for pointers before starting to cook.

As you see in the video, the oil was not hot enough when I placed the first cutlet in the pan. To prevent the nuts from absorbing too much oil and becoming soggy, it is important to reach the correct temperature with the oil. You can use a pinch of the Mac Nuts to test the oil, but if you don't hear a good sizzle when adding the pork to the pan, then remove that cutlet and wait for the oil to heat up to temperature.

Between batches, you can pour your coconut oil out of the pan through a sieve and into a metal or glass bowl. Then, wipe any debris out of the empty pan with a paper towel; just remember that the pan is hot at this point!! Return the pan to the stove, pour the filtered oil back into the pan, add more coconut oil as necessary and carry on with your bad self.

Practice will teach you to regulate temperature, know how much oil to have in the pan originally, and know when the pork is done. The more you cook, the better you will become.

As always, contact me with any questions and be sure to share your pictures/stories of your adventures in Culinary Fitness.

Remember that recipes are only guidelines. Be creative and add or subtract ingredients as you see fit.

“Keep It Paleo!”