

Mayor Nancy Malool, Scotch Plains
PORK LOIN WITH FENNEL APPLE SALAD

Ingredients:

3-4 lbs. of pork loin
1 cup apple juice
1 cup Wegman's Thai Stock
1 fennel bulb
1 Granny Smith apple
1 juicing orange
2 limes
¼ cup fresh cilantro
1 small white onion
1TBSP. Extra virgin olive oil
Canola oil for pork loin
Salt & Pepper

Equipment:

Peeler
Chef's knives
Juicer for orange and limes
Pan to sheer pork
Meat thermometer
Dishes
Pot
Baster
Spoons – one slotted

Turn the oven to 400 degrees

1. Juice the orange and the lime. Mix with the TBSP. of olive oil
2. Wash the fennel bulb well. Peel the bulb to make very thin slices
3. Peel the apple and use the peeler to make about the same size pieces
4. Pour all the juice on the apple and fennel mixture and mix them together making sure everything is coated
5. Cut the onion in small dice. Add it to the apple/fennel
6. Wash the cilantro and dry it. Peel the cilantro leaves from the stems and cut the

leaves very fine

7. Mix the cilantro with the salad. Add salt & pepper to taste
8. On top of the stove, heat the canola oil until it's just about ready to smoke
9. In a separate pan, bring the stock and the apple juice to a boil
10. Salt and pepper the pork, then braise it on all sides making sure you get a deep brown color on the meat
11. Remove the pork when all sides are cooked. Place the pork in a dish
12. Remove the grease from the pan and place pan on stove. Add the boiling liquid mixture to the pan. Place the pork in the pan and place in oven. Baste the pork with the liquid about every 10 minutes
13. The pork will be done when the internal temp. reads between 145 and 160 degrees. Remove and let rest for 10 minutes before cutting
14. To plate: Toss the salad and place in center of a plate (Use a slotted spoon, you don't want a lot of the liquid). Cut the pork thinly and place neatly on salad. Garnish with mixed sprouts, grape tomatoes and black truffle oil.

Recipe courtesy of Joe Parauda, Chef In Thyme, www.chefinthyme.net
<<http://www.chefinthyme.net>>

Nutrition Facts

Serving Size 1/5 of recipe 433g (432 g)

Amount Per Serving

Calories 350 Calories from Fat 109

% Daily Value*

Total Fat 12g 19%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 116mg 39%

Sodium 332mg 14%

Total Carbohydrate 22g 7%

Dietary Fiber 4g 15%

Sugars 12g

Protein 38g

Vitamin A 8% • Vitamin C 74%

Calcium 6% • Iron 14%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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