



By Peggy Crum, MA, RD, Health4U Nutritionist

Eating "high on the hog" is an idiom for comfortable or even extravagant living. Pork loin is quite literally high-on-the-hog—it comes from the area between the shoulder and the leg and is the highest quality, most tender cut of pork

Pork loin roast, sometimes called rack of pork, when sliced becomes pork chops. Sold with the rib bones attached (bone-in) or with the bone removed (boneless), bone-in is the juicier and more flavorful option. Dry heat cooking methods such as roasting, grilling, or sautéing are best for pork loin.

Bone-in pork loin roast makes a beautiful, simple, and affordable centerpiece for your meal. Attention to details will ensure your roast turns out juicy and delicious:

- 1. Tie:** Most roasts are unevenly shaped. Tie with cooking twine every inch or so, all along the length of the roast.
- 2. Season:** Use a generous amount of salt and pepper. Place the roast in a pan with sides.
- 3. Roast:** The traditional method of cooking a roast is to sear it on the stovetop to develop a crust before finishing it in a moderately hot oven. Here's another way that's super easy: [the reverse sear](#). With oven temperature set at 250°F, the roast cooks slowly, all the way through without overcooking the outer part of the meat. Plan on 2 hours but check it early—remove it from the oven when the temperature reaches 140°F in the center of the roast.
- 4. Rest:** Carryover cooking happens once the roast is out of the oven. The heat and juices will redistribute settling at 150°F internal temperature in about 15 minutes.
- 5. Sear:** Increase the oven temperature to 500°F. After the rest period, return the roast to the oven for 10 minutes to develop the deliciousness factor—a crispy crust.

Chef Kurt teaches us to how to cut and prepare pork loin cutlets in his award-winning recipe.

# RECIPE for health

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featured food:

## PORK LOIN

### Badamaash Pork Cutlets

By Corporate Chef Kurt Kwiatkowski, Residential Dining Services  
Serves 6-8

- ¾ c. all-purpose flour
- ¼ c. + 2 T. Panko bread crumbs
- 1 T. vindaloo seasoning (hot and spicy blend)
- 2 t. curry powder
- 2 t. ground cumin
- 1 T. ground Kashmiri pepper (vibrantly red and sweet with just a little heat)
- ¼ c. chopped cilantro
- 4 t. Kosher salt
- 1 egg
- ¼ c. water
- 8 pieces pork loin
- ½ c. olive oil
- 8 buns

Mix salt, ½ t. cumin, 1 t. Kashmiri pepper, 1 t. vindaloo seasoning. Set aside for finishing before serving.

Prepare 3 bowls for the breading station:

- Mix ½ c. flour with 1 t. vindaloo and ½ t cumin for the seasoned flour.
- Whisk egg well and thin out with water for the egg wash.
- Mix remainder of flour with panko, Kashmiri pepper, remaining vindaloo, curry, cumin, and cilantro for breading.

Season pork loin pieces with salt and pepper.

Create a breading station with seasoned flour, egg wash, and breading. Three-step all pieces of pork and let sit for 10 minutes.

Heat oil in sauté pan over medium high heat. Pan fry cutlets. Remove from heat and salt with finishing salt.

Serve on bun.

- Join us in person at Brody Square Demo Kitchen.  
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