Recipe For Health | FEBRUARY 2019

BADAMAASH PORK CUTLET

Chef Kurt's Badamaash Pork Cutlet, spiced with Indian flavors, won him 2018 Chef of the Year from Michigan Chefs de Cuisine Association! He served it with dumpling and other tasty sides. He says it makes a great sandwich, simply served on a bun!

By Corporate Chef Kurt Kwiatkowski

Featured Food: Pork Loin

Yield: Serves 6-8

Ingredients

³/₄ c. All-purpose flour 4 t. Kosher salt

½ c. + 2 T. Panko bread crumbs1 egg1 T. Vindaloo seasoning (hot and spicy blend)½ c. water

2 t. curry powder 8 pieces Pork Ioin 2 t. ground cumin ½ c. Olive oil

1 T. Kashmiri pepper (vibrantly red and sweet with just a little heat) 8 buns

1/4 c. chopped cilantro

Preparation

Mix salt, $\frac{1}{2}$ 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 flour seasoning.

Mix remainder of flour with panko, Kashmiri pepper, remaining vindaloo, curry, cumin, and cilantro for breading.

Whisk egg well and thin out with water.

Season pork loin pieces with salt and pepper.

Create a breading station with seasoned flour, egg wash, and panko 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.