Recipe For Health | MAY 2016

JICAMA AND PORK SALPICÓN SALAD

by Corporate Chef Kurt Kwaitkowski

Featured Food: Jicama Yield: Serves 6-8

Ingredients

Pork Salad

1 T. cumin
½ c. red onion, ¼ inch dice
2 t. chili powder
½ t. cayenne pepper
½ t. smoked paprika
1 avocado, pitted and sliced

1 T. salt ¼ c. sliced radishes
2 lb. country style pork ribs Salad Dressing
1 guajillo chile pepper 2 T. lime juice

4 cloves of garlic 2 T. apple cider vinegar

3 c. water, divided 1 t. Dijon mustard 2 T. vegetable oil 3/4 c. olive oil

1 bay leaf 3 T. chopped fresh cilantro

½ t. salt

1/4 t. black pepper

Preparation

Combine spices and salt. Rub pork with mixture, cover, and refrigerate for 4-12 hours.

Place stemmed guajillo chile in bowl; cover with boiling water. Let sit until chile is softened but not mushy, about 20 minutes. Drain. Transfer chile to blender container along with garlic and 1 cup of the water. Blend until smooth. Set aside.

Heat a heavy bottomed pan over medium high heat. Add oil. When oil is hot, sear pork on all sides, 3-5 minutes per side, to create a nice crust. Add pepper slurry, bay leaf, and 2 cups water so that the pork is covered. Bring to a boil then reduce heat to low and let simmer for 2 hours.

While pork is cooking, prepare vegetables for the salad. Make salad dressing by whisking lime juice, vinegar, and Dijon mustard in a small bowl; slowly whisk in oil. Stir in cilantro; add salt and pepper as needed.

Remove meat from cooking liquid, place in bowl along with onions, and shred meat with a fork. Add jicama to the bowl and toss well. Let sit so the flavors come together for about 15-20 minutes. In a large bowl, toss lettuce with salad dressing, add the pork mixture, and garnish with avocado and radishes.