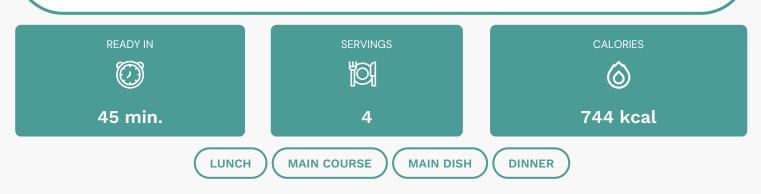


Chile-Marinated Pork Sandwiches on Cemita Rolls



Ingredients

2 avocado ripe
0.3 teaspoon peppercorns black
4 chipotles in adobo canned finely chopped
2 tablespoons apple cider vinegar
1 stick cinnamon (1/2- by 1/4-inch)
0.5 teaspoon cumin seeds
0.5 cup cilantro leaves, fresh

0.5 oz ancho chili pepper dried

	2 large garlic clove quartered
	1.5 oz guajillo chiles* dried
	1 teaspoon oregano dried crumbled (preferably Mexican)
	1 large plum tomatoes thinly sliced
	4 pork chops thin () (1 lb total)
	1 teaspoon salt
	6 oz individual string cheese sticks shredded with your fingers (11/2 cups) finely
	4 hotdog buns
	2 tablespoons vegetable oil
	0.5 large onion white thinly sliced
Eq	uipment
	bowl
	frying pan
	baking sheet
	blender
	plastic wrap
	aluminum foil
	broiler
	wax paper
	rolling pin
	tongs
	meat tenderizer
Di	rections
	Discard chile stems and cut guajillo and ancho chiles open lengthwise with kitchen shears Discard seeds and ribs.
	Heat a dry 10- to 12-inch heavy skillet or griddle over moderate heat until hot, then toast chiles, a few at a time, turning and pressing down with tongs, until softened and fragrant,

about 10 seconds per side.
Transfer chiles to a bowl, then cover with hot water and soak until softened, about 20 minutes.
Trim fat and sinews from pork and pound between 2 sheets of wax paper with flat side of a meat pounder or with a rolling pin until meat is about 1/8 inch thick.
Heat skillet over low heat until hot then toast cumin, peppercorns, clove, and cinnamon, stirring constantly, until fragrant and cumin is a shade darker, about 1 minute.
Transfer hot spices to a blender and add vinegar, garlic, oregano, salt, and soaked chiles with about 1/3 cup soaking water, then blend until smooth.
Transfer half of chile paste to an airtight container and chill or freeze for another use, then pure remainder in a small bowl.
Spread a thin layer of chile paste in middle of a sheet of plastic wrap large enough to wrap all of meat and put 1 pork chop over paste.
Spread a thin layer of chile paste on top, then continue layering meat, spreading each piece with chile paste. Wrap stacked pork in plastic wrap and marinate, chilled, at least 2 hours.
Heat 11/2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Season pork chops with salt and sauté, in batches, adding more oil as necessary, until just cooked through, 1 to 2 minutes per side.
Transfer chops as cooked to a sheet of foil and keep warm wrapped in foil.
Preheat broiler.
Cut rolls in half horizontally and arrange, cut sides up, on a large baking sheet. Broil buns about 6 inches from heat until golden, about 1 minute.
Halve, pit, and lightly mash avocados in peel with a fork, then spread thickly on cut sides of rolls. Season avocado with salt, then top with papalo. Make sandwiches with pork, cheese, chipotles (if using), onion, and tomato, pressing sandwiches together.
* Available at Latino markets and Chile Today—Hot Tamale (800-468-7377).
** Available at Mexican bakeries.
*** Available at Mexican markets.
Pork can be marinated up to 2 days

Nutrition Facts

Properties

Glycemic Index:79, Glycemic Load:14.24, Inflammation Score:-10, Nutrition Score:39.563912484957%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Naringenin: 0.11mg, Nar

Nutrients (% of daily need)

Calories: 744.41kcal (37.22%), Fat: 42.62g (65.57%), Saturated Fat: 12.28g (76.76%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 33.68g (12.25%), Sugar: 11.89g (13.21%), Cholesterol: 112.74mg (37.58%), Sodium: 1213.73mg (52.77%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 46.27g (92.55%), Vitamin A: 4194.18IU (83.88%), Selenium: 57.22µg (81.75%), Vitamin B1: 1.23mg (81.67%), Vitamin B3: 15.65mg (78.27%), Vitamin B6: 1.44mg (71.88%), Vitamin K: 62.36µg (59.39%), Fiber: 14.43g (57.73%), Phosphorus: 436.56mg (43.66%), Manganese: 0.82mg (41.02%), Vitamin B2: 0.69mg (40.75%), Potassium: 1408.5mg (40.24%), Folate: 137.07µg (34.27%), Vitamin B5: 2.57mg (25.74%), Iron: 4.51mg (25.05%), Vitamin E: 3.63mg (24.21%), Vitamin C: 19.64mg (23.8%), Magnesium: 94.36mg (23.59%), Zinc: 3.31mg (22.07%), Copper: 0.38mg (19.15%), Calcium: 150.31mg (15.03%), Vitamin B12: 0.8µg (13.25%), Vitamin D: 0.54µg (3.57%)