



Cuban Style Pork Tenderloin Sandwiches and Fried Plantains

READY IN



40 min.

SERVINGS



8

CALORIES



1080 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter for toasting sandwiches
- 1 teaspoon coarse salt
- 0.3 cup corn oil
- 8 crusty rolls such as portuguese rolls, torpedo loaves or muffuletta style round rolls
- 6 dill pickles chopped
- 4 cloves garlic finely chopped
- 1 pound ham shaved
- 1 tray ice cubes

- 1.7 pounds pork tenderloin trimmed
- 1 pint lime sorbet
- 2 lime zest
- 0.5 cup mint leaves
- 1 small onion minced
- 1 large orange zest
- 1 teaspoon oregano dried
- 0.5 cup pepper relish sweet red
- 1 teaspoon coarse pepper black
- 4 plantains black ripe ()
- 8 shots rum light
- 1 teaspoon salt fine
- 2 scallions chopped
- 4 teaspoons sugar
- 1 pound swiss cheese shaved
- 8 servings vegetable oil for drizzling

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- blender
- stove
- cutting board

Directions

- Preheat oven to 425 degrees F.

- Coat tenderloins with oil.
- Combine onion, garlic, citrus zest, salt, pepper and dried oregano in a pile on your cutting board. Pack this coating equally and evenly onto the tenderloins.
- Heat a large skillet.
- Add a drizzle of oil and sear tenderloin on all sides. Then place in hot oven to roast 20 to 25 minutes. Wash hands.
- Brush rolls with a little warm water and sprinkle the tops of the rolls with 1/2 teaspoon sugar each. Pile rolls on a baking sheet and place in oven with meat for 5 minutes to crust rolls and set sugar. Authentic Cuban rolls used for this sandwich are sweet. This sugar wash process gives a similar effect to store bought rolls. When rolls come out of oven, split and pile on serving plate.
- Preheat a stovetop griddle over medium high heat.
- Heat 1/4 cup corn oil in a heavy skillet over medium high heat. Peel plantains and cut in 1/2 lengthwise, then slice each 1/2 into thirds on an angle. Arrange plantains in pan in a single layer and cook until crisp, continuously flipping for even browning.
- Remove from skillet to paper towel lined plate and season with fine salt.
- To assemble sandwiches: Thinly slice meat on an angle.
- Place ham and Swiss cheese on a serving plate, separating and fluffing up the shaved meat and cheese. Assemble sandwiches with desired fillings and place on a hot, buttered griddle. Use a heavy pan to press the sandwiches together. Toast until golden brown, then flip and toast the other side.
- Combine chopped pickles, sweet red pepper relish and scallions in a small bowl.
- Spread the relish on the tops of the rolls and pork slices, ham, and swiss cheese on the bottoms. Press the sandwiches together. Put about 1 tablespoon of butter on the hot griddle and spread to coat. Put 2 sandwiches at a time on the griddle, and top with a heavy cast-iron skillet. Toast sandwiches on the griddle, turning once, until golden, hot, and cheese is melted, 2 or 3 minutes per side.
- Serve with a few slices of plantains per person as a side dish. Frozen Mojitos Slushes make a great drink or dessert.
- In a blender, combine 1/2 pint sorbet or 1/2 can of lime aid with 4 shots of rum, 1/4 cup mint leaves and 1/2 tray of ice. Pulse, then blend on high until lime-mint slush is smooth.
- Pour drinks into 2 large cocktail glasses using a long handled spoon and repeat with remaining ingredients.

Nutrition Facts

PROTEIN 21.4% FAT 52.57% CARBS 26.03%

Properties

Glycemic Index:48.01, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:43.966087268746%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 32.92mg, Hesperetin: 32.92mg, Hesperetin: 32.92mg Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 1080.36kcal (54.02%), Fat: 58.44g (89.91%), Saturated Fat: 20.96g (130.98%), Carbohydrates: 65.11g (21.7%), Net Carbohydrates: 58.59g (21.31%), Sugar: 20.56g (22.85%), Cholesterol: 164.36mg (54.79%), Sodium: 2103.51mg (91.46%), Alcohol: 14.82g (100%), Alcohol %: 3.29% (100%), Protein: 53.54g (107.08%), Vitamin B1: 1.64mg (109.18%), Selenium: 73.09µg (104.42%), Phosphorus: 781.37mg (78.14%), Vitamin C: 56.12mg (68.02%), Vitamin B6: 1.34mg (67.01%), Calcium: 630.64mg (63.06%), Vitamin B3: 11.77mg (58.84%), Vitamin K: 56.55µg (53.86%), Vitamin B2: 0.89mg (52.34%), Vitamin A: 2237.23IU (44.74%), Vitamin B12: 2.57µg (42.82%), Zinc: 6.41mg (42.74%), Potassium: 1271.61mg (36.33%), Vitamin E: 4.54mg (30.28%), Manganese: 0.56mg (28.09%), Magnesium: 110.61mg (27.65%), Fiber: 6.52g (26.07%), Folate: 97.47µg (24.37%), Iron: 4.22mg (23.45%), Vitamin B5: 2.04mg (20.36%), Copper: 0.38mg (19.14%), Vitamin D: 0.59µg (3.91%)