



## Tenderloin of Pork Hongroise with Crab Risotto and Tri-Pepper Sauce

 **Gluten Free**  **Very Healthy**

READY IN



230 min.

SERVINGS



6

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups arborio rice
- 2 bay leaves
- 6 servings pepper black freshly ground
- 0.3 cup butter cut into cubes (4 tablespoons or)
- 1 bunch garlic chives chopped
- 1 pound colossal crabmeat for shells
- 2 tablespoons grapeseed oil

- 3 tablespoons grapeseed oil
- 1 bell pepper diced green finely
- 1 cup parmesan grated
- 6 servings parsley leaves chopped for garnish
- 4 pound pork loin
- 1 bell pepper diced red finely
- 1 cup red wine
- 1 pinch saffron threads
- 6 servings salt
- 0.5 cup irvine spices smokey rotisserie seasoning
- 0.3 cup mustard stone-ground
- 0.5 cup vegetable stock
- 5 cups vegetable stock
- 1 small onion white
- 2 onions diced white
- 0.5 cup white wine
- 1 bell pepper diced yellow finely

## Equipment

- frying pan
- sauce pan
- ladle
- oven
- whisk
- pot
- roasting pan
- wooden spoon

## Directions

- Early in the day, rinse pork loin to remove any unwanted smells and pat dry with paper toweling. In a large saute pan, heat the oil and sear the pork loin on all sides.
- Remove pork to a utility platter and coat liberally with mustard, then roll in Smokey Rotisserie Seasoning. Leave refrigerated for a couple of hours.
- Preheat oven to 350 degrees F.
- In a large saucepan, bring the 5 cups vegetable stock (for the rice) to a boil and then reduce heat to a simmer.
- Transfer the pork loin to a covered roasting pan and slowly roast in the oven until fork tender, about 45 minutes. Allow pork loin to rest for 8 to 10 minutes before slicing.
- While the pork is in the oven, in another large saucepan or rondelle, heat the grapeseed oil and saute the chopped onion gently until translucent.
- Add the Arborio rice and using a wooden spoon stir to coat the rice with oil and to toast the rice in the pan.
- Add the white wine, bay leaves, and saffron and continue to stir to avoid sticking. Begin slowly adding the now hot vegetable broth, 1 ladle at a time, to the rice pan, stirring occasionally. This will bring out the starch in the rice. As the mixture absorbs the broth, ladle more into the pot. When all of the broth has been ladled into the rice pot, slowly simmer until rice begins to soften. Reduce the heat and gently stir in the chives, Parmesan, and crabmeat, trying not to break up the lumps of crab.
- Remove from heat when it is slightly undercooked and set aside. Rice will continue to cook in covered pot.
- Heat the grapeseed oil in a saute pan and cook the red, yellow and green bell peppers and onion until al dente.
- Add the red wine and let it reduce by half.
- Pour in 1/2 cup vegetable stock and let reduce again.
- Add salt and pepper, to taste.
- Remove pan from heat and whisk in butter to finish sauce.
- Place crab risotto in the middle of serving plate, place pork slices over the risotto and cover with a little sauce.
- Garnish with chopped parsley.

## Nutrition Facts



■ PROTEIN 39.19% ■ FAT 36.18% ■ CARBS 24.63%

## Properties

Glycemic Index:115.67, Glycemic Load:34.32, Inflammation Score:-10, Nutrition Score:60.371304263239%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 1006.93kcal (50.35%), Fat: 38.16g (58.7%), Saturated Fat: 13.2g (82.52%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 53.55g (19.47%), Sugar: 6.54g (7.27%), Cholesterol: 253.93mg (84.64%), Sodium: 2290.6mg (99.59%), Alcohol: 6.3g (100%), Alcohol %: 0.92% (100%), Protein: 92.99g (185.98%), Selenium: 127.34µg (181.91%), Vitamin B12: 8.56µg (142.7%), Vitamin B6: 2.77mg (138.32%), Vitamin B1: 1.75mg (116.53%), Vitamin C: 94.12mg (114.09%), Phosphorus: 1075.06mg (107.51%), Vitamin B3: 21.23mg (106.14%), Manganese: 2.04mg (101.82%), Zinc: 11.52mg (76.82%), Vitamin K: 73.29µg (69.8%), Copper: 1.1mg (54.86%), Potassium: 1686.06mg (48.17%), Folate: 185.65µg (46.41%), Vitamin B2: 0.76mg (44.62%), Magnesium: 170.76mg (42.69%), Vitamin A: 1974.88IU (39.5%), Iron: 6.84mg (38.02%), Vitamin B5: 3.49mg (34.94%), Calcium: 337.34mg (33.73%), Vitamin E: 4.62mg (30.79%), Fiber: 4.89g (19.57%), Vitamin D: 1.29µg (8.62%)