

SPOTLIGHT RECIPE

ROASTED PORK LOIN WITH CORN STUFFING

A classic American dish, stuffed pork loin version became central to American cuisine through the Thanksgiving tradition, which brought together Native American ingredients, such as corn, with European cooking methods. The combination became a beloved holiday tradition.

SERVES 10



INGREDIENTS

- 4 to 5 sage leaves
- 1 tablespoon black peppercorns
- 2 tablespoons tarragon leaves
- 2 teaspoons burdock root, dried
- 2 tablespoons coarse salt
- 2 tablespoons oil
- 5 pounds pork loin
- 1 cup green onions
- 1 1/2 cups carrots
- 1 cup chopped apples
- 1 1/2 cups acorn squash
- 1 cup cornmeal
- 1 cup flour
- 2 teaspoons baking powder
- 3 cups of corn, chopped
- 3 tablespoons honey
- 3 eggs
- 1 cup milk
- 2 cups oil, for frying
- 3 tablespoons oil
- 2 tablespoons lime juice
- 2 tablespoons red wine vinegar
- Salt and pepper
- 1 red onion
- Green onions and 1/2 cup sugar for added sweetness, optional
- 2 pounds canned heart-of-palm, thick slice
- 2 cups corn, boiled
- 2 cups heirloom tomatoes, tricolored cherry tomatoes if possible
- 1 bunch green onions

DIRECTIONS

Preheat the oven to 350 F.

In a spice blender, add the sage leaves, peppercorns, tarragon, burdock root and coarse salt and then blend. Use this mixture along with 2 tablespoons of oil and rub on the outside of the pork loin. Stuff the pork loin with green onion, carrots, apples and acorn squash. Roast in the oven for 45 minutes.

In a bowl, mix the dry ingredients together. Add the corn and the honey to the dry mixture.

In separate bowl, beat the eggs, add the milk and whisk together before adding to the dry mixture. When the mixture has come together, form into balls or flat discs and fry in the oil.

In a small bowl, mix the oil, lime juice, red wine vinegar, salt and pepper then whisk together. Add the red onions and let sit for 10 minutes, then add the heart-of-palm. Boil the corn and remove from the cob. In a bowl, add the corn, tomatoes, green onions and hearts-of-palm-red onion mixture. Salt and pepper to taste. Serve chilled.

Side dish

Sauteed Green Beans

