



## CAFE THOMPSON RECIPE

# PAN SEARED PORK TENDERLOIN (CHUGCHUCARAS)

Chugchucaras is a traditional recipe originating from the Indigenous populations of the Andean regions of Ecuador. The name derives from the Quechua words “chugchu,” which means meat, and “caras,” which refers to people. Historically, this dish has been prepared for festivities and celebrations and is a symbol of Ecuadorian culture.

**SERVES 10**

### INGREDIENTS

- 4 pounds pork tenderloin
- 2 1/2 teaspoons kosher salt
- 2 1/2 teaspoons ground black pepper
- 5 green bananas
- Oil for frying
- 2 1/2 cups toasted corn
- 2 1/2 cups lima beans
- 2 1/2 cups fried cassava
- 2 1/2 tablespoons butter

### DIRECTIONS

Cut the pork into small pieces and season with salt and pepper to taste.

Cook the pork on a grill or skillet until it is golden brown and fully cooked. Set aside.

Slice the green plantains and fry them in hot oil until they are golden brown and crispy. Drain them on absorbent paper to remove excess fat.

Toast the corn in a skillet until it is crisp and golden.

Rinse the lima beans and cook them in salted water until they are tender.

Fry the yuca until it is golden brown and crispy.

In a large bowl, combine all the prepared ingredients: pork, fried plantains, toasted corn, cooked and fried yuca, Serve the Chugchucaras in generous portions and enjoy this feast of Ecuadorian flavors.

#### Side dishes

Boiled Hominy

Fried Egg

