

CUBAN CHEESY STUFFED PORK TENDERLOIN & CUBAN FIESTA ORZO

PREP TIME

Prep | 20 minutes

Cook | 35 minutes

Ready in | 55 minutes



INGREDIENTS

Pork

- 1 1/4 pounds pork tenderloin, trimmed of fat
- 2/3 cup whole ricotta cheese
- 1 large egg, beaten
- 1 large egg yolk
- 1/4 cup parmesan cheese, shredded
- 2 tablespoons spicy hot mustard
- 4 to 5 spears or slices *Mt. Olive Bread & Butter pickles, drained and cut into large cubes
- 1/2 cup cooked bacon, crumbled
- 3 deli slices of ham, (about 1/4-pound)
- 6 thin slices of Swiss cheese, (0.05-ounces each)
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon each salt and ground black pepper

Orzo

- 3 1/2 cups chicken broth
- 1 cup uncooked orzo
- 3 tablespoons pickle juice, (from *Mt. Olive Bread & Butter pickles)
- 1 tablespoon unsalted butter, softened
- 2/3 cup red onion, finely diced
- 2/3 cup *Mt. Olive Bread & Butter pickles spears or slices, finely diced
- 1/2 cup *Mt. Olive Roasted Red Peppers, drained and finely diced
- 3 large hard-boiled eggs, diced

PROCEDURE

1. Prepare pork. Heat oven to 350 degrees F. Line a 15 x 10 x 1-inch pan with parchment paper. Insert sharp knife one-third of the way up from the bottom of tenderloin along 1 long side, and cut horizontally, stopping 1/2-inch before the edge. Open up the flap.
2. Keeping knife parallel to cutting board, cut through the thicker portion of tenderloin about 1/2-inch from the bottom of tenderloin, keeping knife level with the first cut and stopping about 1/2-inch before the edge. Open up this flap.



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3. Press sides of tenderloin down so it lies flat. Cover with plastic wrap; pound with the flat side of a meat mallet to 1/2-inch thick. Blot the pork dry with heavy-duty paper towels; set aside. In a small bowl, mix ricotta cheese, beaten egg, egg yolk, parmesan cheese, and mustard until blended and creamy. Spoon and evenly spread mustard cheese mixture over pork, about 1/2- to 1-inch from edges. Top over the center of mustard cheese spread, with cubed pickles evenly spread. Then evenly sprinkle crumbled bacon over the top center. Layer over top center with ham slices and then layer with Swiss cheese slices placed over the top of ham slices to complete the stuffing process.

Tightly but carefully, roll up tenderloin pork lengthwise, and tie tightly with kitchen twine to secure the stuffing. Brush tenderloin with olive oil, and season by sprinkling with salt and ground black pepper.

4. Heat a 12-inch nonstick skillet, over medium-high heat. Add stuffed prepared tenderloin; cook 5 to 7 minutes, or until brown on all sides. Transfer browned stuffed prepared tenderloin to prepared pan; roast in oven 30 to 35 minutes, or until internal temperature registers to a least 145 degrees F. Remove from oven; tent with foil and let stand 5 minutes to rest. Remove twine strings from pork tenderloin; cut into 1/2- or 1-inch slices. Serve with Cuban Fiesta Orzo,(recipe dir. below).

5. Meanwhile, 15 minutes prior to stuffed pork tenderloin finished being roasted, prepare orzo. Add chicken broth to a 2-quart stockpot with a lid, to a boil. Add orzo to boiling chicken broth, cover with lid, cook 8 to 10 minutes, or until al dente, stirring occasionally. Drain cooked orzo and then add into a 2-quart casserole or serving dish. Toss in pickle juice and butter until coated. Add red onion, pickles, red peppers, and hard-boiled eggs and mix to toss, until combined. Serve Cuban Fiesta Orzo, together with slices of Cuban Cheesy Stuffed Pork Tenderloin.

NUTRITION FACTS

Servings: 6

Calories: 487

Total Fat 24.5 g

Saturated Fat 10.9 g

Sodium 1135 mg

Total Carbohydrate 16.8 g

Dietary Fiber 1 g

Total Sugars 3.5 g

Protein 48.2 g

