

Coriander and Cumin Roasted Rack of Pork with Five-Spice Pumpkin Purée and a Chile, Pumpkin Seed and Cilantro Salad

Coriander and Cumin Roasted Rack of Pork

1 8-rib pork loin rack, center cut, chine bone removed and Frenched
1 tablespoon whole coriander seed
1 tablespoon cumin seed
2 teaspoons kosher salt
1 teaspoon sugar
1 teaspoon chipotle chile powder

If desired, using a mortar and pestle, slightly crush coriander seed. Combine coriander seed, cumin, salt, sugar and chipotle chile powder in small bowl or dish; set aside.

Cut 4 long pieces of plastic wrap. Place 1 piece horizontally on work surface and the remaining 3 pieces vertically on the first piece. Place pork rack on center of plastic wrap. Sprinkle and rub spice mixture evenly over surface of pork rack. Wrap tightly in the plastic wrap. Place on a tray or shallow pan and refrigerate for 8 to 12 hours.

Pre-heat oven to 350° F. Unwrap pork and place on rack in shallow roasting pan with bones facing up. Roast in preheated oven for 1 to 1 1/2 hours (about 20 minutes per pound) or until internal temperature on a thermometer reads 150° F. Remove roast from oven. Loosely cover with foil and let rest about 10 minutes or until temperature reaches 160° F.

Carve between rib bones to serve.

Serves 8.

Five-Spice Pumpkin Purée

2 15-ounce cans pumpkin
3 tablespoons unsalted butter, cut up
1 tablespoon packed brown sugar
1 teaspoon Chinese five-spice powder
1/8 teaspoon kosher salt
1 to 3 tablespoons canned chicken broth

Combine pumpkin, butter, brown sugar, five-spice powder and salt in medium saucepan. Cook over medium heat until heated. Stir in enough broth to make of desired consistency.

Serves 8 (about 1/2 per serving).

Chile, Pumpkin Seed and Cilantro Salad

1 4-ounce bunch of cilantro
2 tablespoons extra-virgin olive oil
1 lime, juiced (2 tablespoons)
1 jalapeño chile, seeds removed and minced
1/3 cup pepitas (raw pumpkin seeds), toasted*

Rinse and cut stems from cilantro bunch. You should have about 4 cups lightly packed cilantro leaves. Dry cilantro leaves using a salad spinner or pat with paper towels; place in medium bowl.

For dressing, combine oil, lime juice and jalapeño. Drizzle over cilantro in bowl; gently toss until combined.

Serves 8 (about 1/4 cup per serving).

* To toast pepitas, place pepitas in a dry skillet. Heat and stir over medium heat for 1 to 2 minutes or until seeds begin to pop and turn light brown. Immediately remove pepitas from skillet.

To Plate:

Spoon pumpkin purée on plates and top with carved pork chops and cilantro salad; sprinkle with pepitas.

Menu:

Ease of Preparation: Moderate

Yield: 8 servings

Prep time: 38 minutes (pork:15 min.; pumpkin purée: 3 min.; salad: 20 min.)

Cook time: 5 minutes (pumpkin purée)

Marinating time: 8 to 12 hours (pork)

Roasting time: 1 to 1 1/2 hours (pork)

Resting time: 10 minutes (pork)

Nutritional Information per Serving:

Calories: 560

Cholesterol: 120 mg

Protein: 41g

Fat: 37g

Sodium: 620mg

Fiber: 6g

Saturated Fat: 12.5g

Carbohydrates: 18g