



Pulled Pork Nachos with Cabbage Slaw, Pickled Red Onion, and Avocado Crema

This is a great recipe for Superbowl parties!

<u>U.S.</u>		<u>Metric</u>
<i>Pulled Pork:</i>		
3 lbs	Pork Tenderloin, trimmed	1.4 kg
3 cups	Beef Stock, low sodium	709.8 ml
1/2 cup	Apple Cider Vinegar	x
2 leaves	Bay Leaves	2 leaves
3 Tbsp	Cumin, ground	43.1 g
2 Tbsp	Coriander, ground	28.4 g
2 Tbsp	Black Pepper, whole	28.4 g
<i>Slaw:</i>		
2 each	Cabbage, Green	2 each
1/2 cup	Sugar, Granulated	99 g
1/2 cup	Apple Cider Vinegar	118.3 ml
to taste	Salt and Pepper	to taste
<i>Pickled Red Onions:</i>		
2 cups	Rice Wine Vinegar	473.2 ml
1 cup	Water	236.6 ml
1/2 cup	Sugar, Granulated	99 g
2 leaves	Bay Leaves	2 Leaves
1/4 cup	Black Pepper, whole	46.7 g
2 Tbsp	Sambal Chili Paste	28.4 g
6 each	Red Onion, julienned	6 each
<i>Avocado Crème</i>		
2 cups	Yogurt, Greek, Plain	453.6 g
1/2 each	Avocado	1/2 each
3 Tbsp	Lemon Juice	45 ml
1/4 cup + 2 Tbsp	Lime Juice	89.2 ml
1/2 cup	Cilantro, fresh, chopped	113.4 g
2 each	Jalepenos, deseeded	2 each
1 Tbsp	Sugar, Granulated	12.4 g
to taste	Salt and Pepper	to taste
<i>Tortilla Chips:</i>		
20 each	Corn Tortillas	20 each
3 Tbsp	Olive Oil	45 ml
to taste	Salt	to taste

****Continued on reverse****

10/12/16

Preparation:

Pulled Pork:

1. Gather all ingredients and equipment.
2. Place all of the ingredients except the pork in a pressure cooker and stir thoroughly until all ingredients are fully incorporated.
3. Place the pressure cooker over medium-high heat and add the pork, lock the pressure cooker and allow the pork to cook for 2-2 ½ hours, lowering the heat when necessary.
4. Remove the pressure cooker from the stove and place it in a sink and run cold water over the lid for a minute to loosen. Place the pressure cooker on a counter and carefully remove the lid.
5. Use a pair of tongs to transfer the pork loins into a separate pan. Use two forks to shred the meat and add some of the residual liquid to keep it moist. Cover and keep hot until ready to serve.

Slaw:

1. Cut the bottom of the cabbage off, and cut each one in half.
2. Julienne the cabbage into very thin pieces.
3. Place the cabbage in medium sized bowl and top with the sugar, a pinch of salt, pepper, and apple cider vinegar. Mix thoroughly and allow the cabbage to sit and become tender, approximately 10-15 minutes.
4. Drain the cabbages excess liquid, adjust seasoning when necessary and serve.

Pickled Red Onions:

1. In a medium size pot combine all of the ingredients, except red onions and bring to a simmer.
2. Add onions and simmer for 5-10 minutes. Once they have become slightly soft and changed color, remove from heat and strain.
3. Allow to cool and reserve for plating.

Avocado Crema:

1. Combine all of the ingredients in a blender and blend until fully incorporated. Adjust seasoning if necessary.

Tortilla Chips

1. Preheat an oven to 350°F (180°C).
2. Cut the corn tortillas into fours, depending on size you may cut them into smaller sections.
3. Place the corn tortillas on to a sheet pan and spread them out evenly. Bake in the oven and allow them to crisp up until lightly golden brown, approximately 5-10 minutes.
4. Remove the tortillas from the oven, drizzles the chips very lightly with olive oil and sprinkle with salt.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	3 oz pulled pork
Servings	10
Calories	164
Calories from Fat	40
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	67 mg
Sodium	329 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	28 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg
