



## Chef Irie's Jerk Pork Medallions



### INGREDIENTS

Whole Pork Loin

#### FOR THE JERK SAUCE

- 1 sm. red pepper, diced
- 1 sm. green pepper, diced
- 1 sm. onion, chopped
- 2 tsp. chopped ginger
- 2 cloves of garlic
- 2-5 scotch bonnet peppers, chopped
- 2 tbs. brown sugar
- 2 tsp. cinnamon
- 2 tsp all spice
- 1 tsp. nutmeg
- 1/4 cup soy sauce
- 1/4 cup canola oil
- 3 tbs Worcestershire sauce
- 1 tsp salt
- 1/4 cup chopped thyme on the stem
- Juice of 1/2 a lime
- 4-6 stalks of chopped green onions
- Half a bunch of cilantro (optional)

### INSTRUCTIONS

- Remove silver skin from pork loin and cut loin into one inch medallions. Place in bowl.
- Use one scotch bonnet pepper for mild flavor and add one by one to dial up the heat.
- Blend jerk ingredients together until completely pulverized.
- Pour the jerk sauce over the pork loins, thoroughly covering the meat with the sauce. Marinate for at least twenty minutes but preferably overnight.
- Lightly wipe or spray grill pan or grill with oil and allow to get to high heat.
- Scrape large chunks of seasoning off of pork medallions to minimize burning before adding to hot grill pan or grill.
- Add only a few cuts of pork at a time so as not to bring down the temperature of the grill or grill pan. **TIP!** For crisscross pattern, turn the pork 90 degrees on the side first cooked.
- Cook for a total of 3 to 4 minutes on each side. You'll know it's cooked when there's only a slight strip of bright pink left in the middle. Then remove from heat and allow to finish cooking internally on its own. Leave it too long and it may become rubbery.
- Slice and serve over rice or herb apple salad. Smother with mango chutney to balance heat with sweetness.