

ANOTHER NEWLETTER!?



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Another Newsletter?

If you are like me, you are constantly bombarded with waves and waves of emails from charities, groups, and businesses. 95% of the time I delete these in bunches. Nobody needs an email per day from Dell, 1-800- Flowers, or Barnes and Nobles. It is just too much.

You also do not need your dentist constantly harassing you about brushing, flossing, or teeth whitening. That message gets old quickly. Instead, this month I would like to remind you of one of the many benefits of going to the dentist and having healthy teeth. Namely, EATING. Because what is the point of spectacular teeth if you can't enjoy your food.

This month I am sharing a simple recipe that I make at home all the time. [Fried Pork Chunks](#).

Fried Pork Chunks

Ingredients



Marinade

12 Garlic cloves, peeled, crushed
1 Large onion chopped
1/2 Cup sour orange juice (or 1/4 unsweetened orange juice & 1/4 cup lime juice)
1/2 Cup spanish olive oil
1/2 teaspoon salt
1 teaspoon oregano
1 teaspoon cumin

OR

* **Mojo Criollo** from Goya, Iberia, Bahia or even generic Publix.

2-1/2 lb Fresh pork loin **
lime wedges
1/2 cup Spanish olive oil
1/2 Fresh onion sliced into rings

* Buying the marinade is so easy, saves time and the final result is still amazing.

** Get the more marbled fatty piece of meat

Directions

Cut pork into 2 inch chunks (or have the butcher cut it- it's easier.) To prepare marinade: mix together garlic, chopped onion, orange juice, 1/2 cup olive oil, oregano, cumin, salt. Pour over pork chunks and marinate for at least 3 hours or overnight in refrigerator. Remove meat from marinade. Place in pot with two cups of water and 1/2 cup olive oil. Simmer uncovered until all water boils away- *this ends up being an hour for me usually*. Brown the pork in the oil until crispy on the outside- **DO NOT OVERCOOK!** Add onion slices and saute briefly. Garnish with lime wedges. Serve as a tapa or main entree.

I've loved fried pork chunks since I was a little kid. Whenever I make it for my Cuban or Non-Cuban friends it is always a huge hit. Hopefully you will try it and enjoy it as much as I always do.

We'll see you soon,

Jorge R. Angulo, DDS.

PS: Kirby Black Beans are the real deal.

