

Coffee Crusted Pork Loin Steaks

Serving Size: 1 Steak

Serves: 4

Ingredients

1 tablespoon black peppercorns
½ teaspoon coriander seeds
1 tablespoon coffee beans
Pinch of salt
4 - 6oz pork loin steaks, thick cut
1 cup red wine
½ cup balsamic vinegar
1 clove garlic, crushed
1 teaspoon paprika

Directions

Grind the peppercorns, coriander seeds and coffee beans in a mortar or coffee grinder. Combine with the salt and press the spice mixture onto both sides of the steaks. Place in a baking dish.

Combine the wine, vinegar, garlic and paprika and pour over the steaks. Cover and refrigerate for several hours. Turn the steaks once or twice during marinating.

Remove the meat from the marinade and pat dry with paper towels. Reserve the marinade. Sear the steaks in a hot skillet until browned on each side. Reduce the heat and add the remaining marinade. Finish cooking the steaks in the marinade to an internal temperature of 165 degrees. Baste the steaks with the marinade as they cook.

When the steaks are done, reserve the remaining marinade as a sauce with which to top the steaks.

Exchanges per serving:

5 Lean Meats, ½ Starch

Nutrients per serving:

Calories: 338

Calories from fat: 99

Total Fat: 11g

Saturated Fat: 4g

Cholesterol: 92mg

Sodium: 110mg

Carbohydrate: 8g

Dietary Fiber: 1g

Protein: 37g