

**Grilled, Pork**

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# **Pork Medallions with Cucumber-Orange Mint Salsa**

Stephanie Witt Sedgwick - Special to The Washington Post  
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**Servings: 6**

*Alternative cucumbers can be 1/2 of a large English cucumber or 3 to 4 small cucumbers (about 1/2 cup diced).*

**FOR THE PORK**

juice of one large lime

juice of one large orange

4 medium cloves garlic, finely minced

1/2 teaspoon dried oregano

1/8 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 pounds pork loin, cut into 1-inch-thick, four-ounce medallions, trimmed of all fat and sinew

**FOR THE SALSA**

8 ounces seedless, unwaxed cucumber, cut into 1/4-inch dice

2 large oranges, peeled and sectioned, cut into a rough 1/4-inch dice

3 tablespoons sweet onion or scallion, finely chopped

20 large (2 tablespoons) mint leaves, finely chopped

1 tablespoon olive oil

1/4 teaspoon sugar

salt

freshly ground black pepper

Prepare the pork: In a resealable gallon-size food storage bag or a shallow dish, combine the lime juice, orange juice, garlic, oregano, salt and pepper. Add the pork and turn to coat thoroughly in the marinade. Seal the bag or cover the dish and refrigerate for at least two hours and up to twelve hours, turning the bag or the pork once or twice to make sure the medallions are evenly coated with the marinade.

Prepare the marinade: In a medium bowl, mix together the cucumber, oranges, onion or scallion, mint oil, sugar and salt. Refrigerate until ready to serve.

When ready to cook the pork, prepare the grill for direct heat. If using a gas grill, preheat to medium-high (450 degrees). If using a charcoal grill, light the charcoal or wood briquettes; when the briquettes are ready, distribute them evenly under the cooking area. For a medium-hot fire, you should be able to hold your hand about six inches above the coals for 4 or 5 seconds.

Lightly coat a grill rack with oil and place it on the grill.

Remove the pork from the marinade and transfer it to the grill. Discard the marinade.

Cover the grill and cook the pork on the first side for about 4 minutes; it should have good grill marks and be nicely colored. Turn the pork over and cook for 4 to 5 minutes, until the internal temperature of the meat registers 145 degrees on an instant-read thermometer.

Remove the medallions from the grill and let them cool for 10 minutes. Slice them thinly and serve warm, with the cucumber-orange mint salsa spooned over.

The pork and salsa also can be served chilled. For best flavor, serve them on the day they are prepared.

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Per Serving (excluding unknown items): 175 Calories; 8g Fat (39.2% calories from fat); 20g Protein; 6g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 83mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.