

CRUMBED PORK CUTLET AND SLAW

EQUIPMENT

CHEFS KNIFE, PARING KNIFE, LARGE MIXING BOWLS, LARGE BAKING TRAY, WHISK, CAKE RACK, SMALL BAKING TRAY

INGREDIENTS

1 X 3 POINT PORK RACK, ¼ RED CABBAGE, ¼ WOMBOK (CHINESE CABBAGE),
1 CARROT, 1 CHILLI, ½ CONTINENTAL CUCUMBER, ½ SPANISH ONION, 1 RED CHILLI, 50-60GM KEWPIE MAYONNAISE,
FRIED SHALLOTS, CRACKED BLACK PEPPER, SALT, 6-8 SPRIGS PARSLEY, 2 EGGS, 100GM PLAIN FLOUR,
100GM PANKO BREADCRUMBS, 150GM MILK, PAPER TOWEL, OIL SPRAY

METHOD

REMOVE THE SKIN FROM THE PORK WITH A SHARP CHEF'S KNIFE AND TURN THE SKIN OVER ON THE CHOPPING BOARD. REMOVE AS MUCH FAT AS POSSIBLE FROM THE UNDERSIDE OF THE SKIN AND THEN PLACE THE IT ON A CAKE RACK OVER A SMALL BAKING TRAY SKIN SIDE UP, SEASON THE SKIN WELL WITH SALT AND PEPPER AND PLACE INTO A PRE-HEATED OVEN COMBI SETTING 220°C FOR 15-18 MINUTES UNTIL CRISP. ONCE CRISP REMOVE AND PLACE ON PAPER TOWEL TO DRY

CUT THE PORK INTO 3 EQUAL SIZE CUTLETS AND CUT AROUND THE BONE WHERE THE REMAINING FLESH MEETS THE LOIN. USING A PARING KNIFE SCRAPE AWAY THE FLESH FROM THE BONE WORKING FROM THE LOIN END TO THE CUT END OF THE RIB BONE.

(THIS TECHNIQUE IS "TO FRENCH" THE BONE)

PLACE THE FLOUR INTO A SHALLOW TRAY AND SEASON LIBERALLY WITH SALT AND PEPPER. IN ANOTHER TRAY PLACE THE BREADCRUMBS AND IN A MIXING BOWL WHISK TOGETHER EGGS AND MILK.

COAT THE PORK CUTLET IN FLOUR AND SHAKE OFF THE EXCESS FLOUR THEN DIP IT INTO THE EGG AND THEN INTO THE BREADCRUMBS. PLACE THE PORK ONTO A BAKING SHEET THAT HAS BEEN LIBERALLY SPRAYED WITH COOKING OIL. REPEAT THE PROCESS WITH THE REMAINING TWO CUTLETS.

PLACE THE CRUMBED CUTLETS INTO A PRE-HEATED OVEN COMBI SETTING 210°C FOR 22 MINUTES

WHILE THE PORK COOKS FINELY SLICE THE CABBAGES, CHILLI AND SPANISH ONION AND ADD TO A LARGE MIXING BOWL. REMOVE THE OUTER SKIN FROM THE CUCUMBER AND SLICE IT INTO LONG STRIPS. DO THE SAME WITH THE CARROT AND APPLE. ROUGHLY CHOP THE PARSLEY AND ADD TO THE OTHER INGREDIENTS. TOSS THE SALAD WELL WITH SOME SALT AND FRIED SHALLOTS, ADD THE MAYONNAISE AND TOSS WELL AGAIN. PLACE THE "SLAW" INTO A LARGE SERVING BOWL AND BREAK UP THE PORK CRACKLE INTO PIECES AND SCATTER OVER THE TOP OF THE SLAW. SET THE SALAD ASIDE UNTIL THE PORK IS COOKED

ONCE THE PORK IS COOKED REMOVE IT FROM THE OVEN AND LET IT REST FOR 5-6 MINUTES.

PLACE THE PORK ON A LARGE SERVING PLATE WITH SOME LIME OR LEMON CHEEKS AND SERVE WITH THE COLESLAW

HINTS & TIPS

- YOUR BUTCHER WILL "FRENCH" YOUR PORK CUTLETS IF ASKED, THIS WILL GIVE A BETTER PRESENTATION TO YOUR FINISHED DISH

COMBI MODE IS EXCELLENT FOR CRUMBED FOOD IT TAKES AWAY THE NEED FOR FRYING IN OIL YET STILL YIELDS CRISPY GOLDEN RESULTS

A SIMPLE HOMEMADE COLESLAW IS A GREAT ADDITION TO ANY DINNER, CHEAP TO MAKE AND CAN BE PACKED WITH PUNCHY CHILLI OR ZESTY CITRUS FLAVOURS