

TWICE COOKED PORK CHEEK AND ROASTED VEGETABLES

EQUIPMENT

CHEF'S KNIFE, MORTAR AND PESTLE, SPOONS, PERFORATED BAKING TRAY,
MEDIUM SIZE FRYPAN, TONGS

INGREDIENTS

2 PORK CHEEKS, 10-12 DUTCH CARROTS, 4-5 BRUSSEL SPROUTS, 2 CLOVES OF GARLIC, 1 SPRIG OF ROSEMARY, 2-3 SPRIGS THYME,
20 PICKED PARSLEY LEAVES, SALT FLAKES, EXTRA VIRGIN OLIVE OIL

METHOD

TO BEGIN: PICK THE THYME AND ROSEMARY LEAVES INTO THE BOWL OF A MORTAR AND PESTLE AND CRUSH WITH A PINCH OF SALT, ADD PEELED GARLIC CLOVES AND CONTINUE TO CRUSH UNTIL YOU HAVE A FINE PASTE.

SPOON THE PASTE ONTO THE SKIN OF THE PORK CHEEKS AND SEASON THE PORK LIBERALLY WITH SALT. PLACE THE PORK ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 2 HOURS.

WHILE THE PORK STEAMS REMOVE THE TOPS FROM THE CARROTS AND BRIEFLY SCRUB THEM UNDER COLD RUNNING WATER, CUT THE BRUSSEL SPROUTS INTO WEDGES AND SET ASIDE.

ONCE THE TIMER GOES OFF REMOVE THE PORK FROM THE OVEN AND ADD THE VEGETABLES TO THE TRAY AND RETURN THE TRAY TO THE OVEN TO STEAM FOR A FURTHER 8 MINUTES 100°C.

HEAT A FRYPAN OVER MEDIUM HEAT AND ONCE STEAMED REMOVE THE PORK AND VEGETABLES FROM THE OVEN. PLACE THE PORK IN THE PAN SKIN SIDE DOWN AND PAN FRY OVER MEDIUM LOW HEAT FOR 5-6 MINUTES TO CRISP THE SKIN.

ONCE CRISP REMOVE THE PORK AND SET IT ASIDE TO REST, ADD THE VEGETABLES TO THE SAME PAN AND PAN FRY UNTIL GOLDEN OVER HIGH HEAT (2-3 MINUTES).

PLACE THE PORK CHEEKS IN THE MIDDLE OF A LARGE SERVING PLATE AND REMOVE THE VEGETABLES FROM THE STOVE. TOSS THE PARSLEY LEAVES THROUGH THE VEGETABLES TO WILT THEM SLIGHTLY.

SCATTER THE ROASTED VEGETABLES OVER THE PORK AND FINISH WITH A SPRINKLE OF SALT AND DRIZZLE OF EXTRA VIRGIN OLIVE OIL AND SERVE.

HINTS & TIPS

- PORK CHEEKS ARE AVAILABLE AT MOST MARKETS, THEY CAN BE A LITTLE FATTY BUT HAVE AN EXCELLENT FLAVOUR. FOR BEST RESULTS WITH PORK AND TO ACHIEVE A SUPER CRISP SKIN - STEAM IS THE KEY!