

FutureChef

Resources: Recipes

Munopa's Rooibos Crusted Pork Chop



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Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful, please get in touch with us at info@futurechef.uk.net



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Munopa's Rоиibos Crusted Pork Chop

INGREDIENTS

For the pork

- 2 pork chops with a thick fat cap (1 inch approx.)
- 4 Rоиibos tea bags
- 1tsp Chinese five spices
- ½ tsp black peppercorns
- Olive oil
- Salt

For the sprouts

- 100g brussel sprouts
- 1tbsp flaked almonds
- 1 lemon
- Olive oil
- Salt

For the cider sauce

- 500ml Sheppey's cider
- 250ml chicken stock
- 4 sprigs scented thyme
- 1 brown onion
- 15g cold butter
- Black pepper
- Salt

For the apple puree

- 2 Bramley apples
- 10g brown sugar
- 10g butter
- Water

For the potato

- 1 large potato
- Oil for deep fat frying

For the garnish

- 4 sprigs thyme
- Flaked almonds



This showstopping dish is great for perfecting your skills

METHOD

1. Prep the pork by trimming the rind off and setting aside
2. Trim the fat to create a clean fat cap
3. Set the pork chops aside
4. Take the pork skin and score it with a sharp knife and liberally salt with flaky salt and leave for 30 minutes to draw out moisture
5. Once 30 minutes has passed place on a rack in the oven and bake for 25-35 minutes or until bubbly crackling forms

6. Add all the spices and tea bags to the mortar and grind to a semi-fine mix (you should be able to feel a slight grain when rubbed between your fingers)
7. When about 30 minutes from plating rub the pork chops with oil and liberally season with the spice rub
8. Place the chops fat side down into a cold pan and begin to slowly render on low heat
9. Once the fat becomes almost liquid and registers 80 degrees Celsius turn the pork onto one of the flesh sides
10. Cook for 1-2 minutes
11. Flip and cook for another 1-2 minutes
12. Depending on thickness of the chop either rest or continue cooking in the oven
13. Once desired temperature of around 50 degrees Celsius is reached remove from heat and leave to rest on a warm plate
14. Bring a medium saucepan filled halfway with water to the boil and salt the water
15. Chop the brussel sprouts into quarters and blanch in the hot water by cooking for 1 minute and then removing and running under cold water
16. In a small pan toast the almond flakes until lightly golden
17. Add some olive oil to a saucepan and add in your brussel sprouts, leave them for around 1-2 minutes to allow some colour to develop before stirring
18. Toss in the almonds and zest of a lemon
19. Keep warm until serving
20. Roughly chop a brown onion and gently start to sauté over a medium flame
21. Once the onion starts to soften add in your cider
22. Allow to reduce by half
23. Add in your chicken stock and thyme and reduce further
24. The total volume of the liquid should reduce by a 1/3
25. Once reduced season the sauce with salt and pepper as desired and stir in cold butter to add a sheen and thicken the sauce
26. Serve warm
27. Peel and core two apples
28. Add to an oven dish with brown sugar, butter and just enough water to coat the pan (about 30-40ml which will allow the apples to steam)

29. Pour the pan contents into a blender and blend until smooth
30. Pass the puree through a sieve and set aside
31. Peel the potato
32. Cut lengthways down the potato to divide into $\frac{3}{4}$ even sections
33. Square off the slices as the potatoes need to be squared
34. Cut into even cubes around 2cm
35. Cook until just fork tender in a saucepan with water
36. Remove and allow to air dry
37. Fry at 130 degrees until just starting to get some colour
38. Remove and allow to cool
39. Fry again at 160 degrees until browned and crunchy
40. Sprinkle with salt
41. Present all components of the dish on a plate, and serve