

Mona Diack and Valerie Burns – TEAM 11

Deboned Pork Loin with Blue cheese and green fig preserve with Cranberry and ginger relish



Special requirements: Baking tin with rack and Large frying pan

INGREDIENTS

Ingredient	Amount	Unit	Remark
Loin of Pork	900	g	Deboned
Fresh Garlic	4	cloves	cut in slivers
Paprika	10	ml	ground
Sugar	5	ml	white
black pepper	5	ml	freshly ground
Salt	10	ml	maldon
Dijon Mustard	20	ml	paste
Cheddar cheese	250	ml	finely grated
Blue cheese	250	ml	finely grated
Pecan nuts	150	g	finely grated
Yoghurt	100	ml	plain
Lemon Juice	15	ml	fresh
Parsley/ sage	15	ml	chopped
Preserved green figs	4		Sliced lengthwise
Olive oil	50	ml	Extra virgin

METHOD

- Preheat oven to 200 degrees. Remove pork rind, score and reserve. Make incisions in the fatty side of the meat and insert garlic strips.
- Lay the meat, fatty side down on a wooden board, season with paprika, sugar, salt, and black pepper and smear with mustard.
- Blend all the filling ingredients except the figs together in a bowl.
- Spread a third of the mixture into the meat and top with sliced figs.
- Roll up the meat and secure with string and/or skewers.
- Brown meat on all sides in a little hot olive oil.
- Place the meat on the rack of the baking tin. Rub some salt into the rind and cover the meat with the rind to help retain the moisture in the meat.
- Roast for 10-15 minutes at 200 degrees then reduce the heat to 160 degrees and continue to roast for 25 minutes.
- Remove rind 20 minutes before the end of cooking time and spread the remaining mixture of the blue cheese on top of the meat. Return to oven and cook until topping is slightly brown.
- Allow to rest on a warm platter for 10 minutes before removing string and carve to serve

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