

# Braised Pork loin, sweet potatoes with caramelized onions, Brussels sprouts with a buttermilk dressing

Recipe for 4 persons

## Description

Pork braised in an aromatic stock, sweet potatoes smashed with caramelized onions and Brussels sprouts garnished with a buttermilk dressing.

## Note

Sweet potatoes can be replaced by squash.

## Ingredients

### Pork loin

- 800 Gr Pork loin
- 1 Unit(s) Carrot
- 1 Unit(s) Onion
- 1 Clove(s) Garlic
- 2 Sprig(s) Thyme
- 250 Ml Blond beer
- 50 Gr Smoked bacon
- 250 Ml Chicken stock
  
- Salt and pepper
- Butter

### Brussel sprouts

- 12 Unit(s) Brussels sprout
  
- Salt and pepper
- Butter

### Sweet potatoes

- 2 Unit(s) Sweet potatoes
- 2 Unit(s) Onion
- 2 Sprig(s) Thyme
  
- Salt and pepper
- Butter

### Dressing

- 50 Ml Sour cream
- 50 Ml Buttermilk
- 1 Clove(s) Garlic
- 5 Sprig(s) Parsley
- 5 Ml White balsamic vinegar
  
- Salt and pepper
- Butter

## Preparation

- Preparation time **120 mins**

## Plating

Start by spreading the sweet potatoes on the bottom of your plate and then top with a portion of pork and some of the cooking jus. Season the Brussels sprouts with the buttermilk dressing and the garnish the plate with them.

### Brussel sprouts and buttermilk dressing

Cook the Brussels sprouts for 3 minutes with steam. In a mixing bowl, combine the buttermilk, sour cream, garlic, parsley and the white balsamic vinegar.

### Sweet potatoes

In a hot skillet, caramelize the onions with a little butter and thyme. Blanche the cubes of sweet potato in salted boiling water until they are cooked through, then strain and add them to the onions. Smash the ingredients together and season to taste with salt and pepper.

### Braised pork

Sear the portions of pork with a bit of butter in a hot skillet until they reach a nice golden color and then remove them from the skillet. In the same skillet sweat the carrots, onions, garlic and bacon. Once your vegetables are sufficiently sweated, add the thyme and the beer. Bring to a boil and then reduce the heat and reduce by half the volume. Place the pork back in the pan and then place the pan in the oven for 90 minutes.

### Preparation

Portion the pork into 4 even pieces. Peel and cut the carrot, bacon and onions into small cubes (to braise the pork). Mince the garlic and split it in 2. Peel and cut the sweet potatoes into small cubes. Finely slice the onions. Finely slice the parsley. Clean the Brussels sprouts, remove the stems and then cut them in half.

**Bon appétit!**