

Pork chop glazed with mapple syrup and spices, mashed potatoes and carrots with nutmeg, Cortland apples and candied shallots

Recipe for 4 persons



Description

Rack of pork roasted with maple syrup and spices, mashed nutmeg carrots, Cortland apples and confit shallots.

Note

If you wish, you can use traditional pork chop instead of a rack of pork. Adjust cooking times accordingly.

Ingredients

Rack of pork

- 1 Unit(s) Pork rack (4 chops)
- 250 Ml Maple syrup
- 20 Gr 4 spices powder
- 0.50 Unit(s) Red onion
- 4 Unit(s) Star anise
- Vegetable oil
- Butter

Mashed carrots

- 4 Unit(s) Carrot
- 4 Unit(s) Yukon gold potatoes
- 2 Clove(s) Chopped garlic
- 0.50 Tsp Cinnamon powder
- 4 Sprig(s) Thyme
- 75 Gr Butter
- Vegetable oil
- Butter

Cortland apples

- 2 Unit(s) Cortland apple
- 75 Ml Maple syrup
- 4 Nut(s) Butter
- 4 Unit(s) French shallot
- Vegetable oil
- Butter

Preparation

- Preparation time **45 mins**

Preparation

Peel and cut the carrots and potatoes into small cubes.

Peel and finely chop the onions.

Peel and quarter the apples, place in cold water.

Peel the shallots.

Rack of pork

In a small sauce pot, heat the maple syrup and spice blend for 5 minutes to infuse.

Season the rack of pork with salt and pepper. In a hot frying pan with vegetable oil, sear the rack on all sides. Set aside.

Add the onion to the pan and sweat for 1-2 minutes.

On a baking sheet, place the rack of pork, pour the maple syrup spice mix ontop and add the sautéed onions. Place the baking sheet in an oven at 425°F for roughly 1h10mins (1.2kg) or until the center of the meat reaches 68°C. Splash the meat with the juices in the pan a few times while cooking. Let the meat rest for at least 15 minutes before cutting the individual chops.

Carrot purée

Place the carrots in a large sauce pot and cover with water. Bring to a boil and cook for 15 minutes on medium heat. Strain and make sure to cook some of the cooking liquid. Blend the carrots in a blender to reach a nice smooth consistency, adding the cooking liquid if necessary. Season with salt and pepper and add the butter, mix and set aside.

Place your potatoes in a large sauce pot and cover with water, add salt and bring to a boil. Cook until the potatoes can be easily pierced with a knife, roughly 10-15 minutes. Strain and set aside.

In a frying pan with a thread of oil and a bit of butter, sweat the onions for 12-15 minutes. Add the garlic and the thyme and continue to cook until the onions have a nice caremelization then season with salt and pepper. Combine the onions, potatoes and cinnamon. Mash the mix until you reach the desired consistency and then combine the carrot puree and the mashed potatoes.

Garnishes

In a hot frying pan with butter and sugar, sauté the apples. Deglaze with maple syrup making sure the apples are well coated. Place the pan in the oven if possible or transfer the apple to an oven safe pan and cook until apples are tender. Place the shallots in an oven proof pan, spray with olive oil, salt and pepper and roast in the oven for 45 minutes, until they are confit.

Plating

With a ring mold, make a nice circle of carrot and potato purée. Place a pork chop on top of the purée. Cut the roasted shallots in half and place nicely on the plate. Place 4 quarters of apple on the plate and garnish with the cooking jus from the rack of pork. Finalize the plating with Italian parsley or young sprouts.

Bon appétit!