



# UCOOK

## Kassler & Homemade Cornbread

with roasted butternut & an apricot glaze

Say hello to this gloriously easy yet truly impressive dish! Test your cooking skills with homemade cornbread and beautifully glazed kassler. The perfect combination of sweet, savory and smoky flavours.

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes


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**Serves:** 2 People


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**Chef:** Megan Bure

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 Adventurous Foodie

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 Niel Joubert | Grüner Veltliner

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## Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
1	Onion <i>peeled &amp; finely sliced</i>
20ml	White Wine Vinegar
120g	Tinned Sweetcorn
60ml	Fresh Milk
60ml	Polenta
100ml	Cake Flour
10ml	Baking Powder
40ml	White Sugar
20g	Dried Apricots <i>roughly chopped</i>
360g	Pork Kassler
40g	Green Leaves <i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey  
Egg/s

**1. BUTTERNUT** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the oven for 30-35 minutes until cooked through, shifting halfway.

**2. ONIONS** Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes until caramelised, shifting occasionally. At the halfway mark, add a splash of water, a sweetener of choice (to taste), and the vinegar.

**3. CORNBREAD** Place a skillet or oven proof pan in the hot oven to heat up. Heat 40g of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, melted butter, 1 egg and the milk. Mix until fully combined. Add the polenta, flour, baking powder, sugar and seasoning. Carefully remove the skillet or pan from the oven and add a drizzle of oil. Swish the oil around to make sure the base is fully greased. Pour in the batter and spread it out evenly. Return to the hot oven and bake for 25-30 minutes, or until golden and a skewer comes out clean. Remove from the oven and cool for 15 minutes before turning it out. Run a knife around the edge to help turn out the cornbread. Cut into pieces as desired.

**4. GLAZE** Return the pan, with the caramelised onions, to a medium-high heat. Add the chopped apricots, a sweetener of choice, and 100ml of water. Mix until fully combined. Bring to a boil. Reduce the heat and leave to simmer for 2-3 minutes until the water has evaporated and the mixture has slightly thickened. Add an extra splash of water if the sauce is too thick for your liking. Remove from the pan on completion, season, and cover to keep warm.

**5. PORK** Pat the pork kassler dry with some paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, sear the kasslers fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 1-2 minutes per side until browned.

**6. YUM!** Make a bed of the rinsed green leaves. Top with the kassler and dollop over the apricot glaze. Side with the fresh corn bread and the roasted butternut. Dig in, Chef!



## Chef's Tip

Caramelised onions work best when sliced finely and cooked slowly. If you have time, fry over a low heat and add an extra 10-15 minutes cooking time.

## Nutritional Information

Per 100g

Energy	536kJ
Energy	128Kcal
Protein	6g
Carbs	18g
of which sugars	4.9g
Fibre	1.4g
Fat	3.2g
of which saturated	1.4g
Sodium	3mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days