



UCOOK

Cherry-Thyme Pork & Polenta Fries

with Danish-style feta & balsamic reduction

Succulent pork chops are drizzled with a dreamy cherry-thyme sauce & sided with a vibrant fresh salad. Perfectly paired with crunchy homemade polenta fries - expect a divine crispy exterior with a creamy & cheesy interior. Unforgettable!

Hands-on Time: 65 minutes

Overall Time: 80 minutes

Serves: 4 People

Chef: Thea Richter

Adventurous Foodie

Creation Wines | Creation Viognier

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400ml	Polenta
100ml	Grated Italian-style Hard Cheese
200ml	Crème Fraîche
2	Onions <i>peel & thinly slice</i>
10g	Fresh Thyme <i>rinse</i>
240ml	Red Wine
40ml	Balsamic Reduction
200g	Cherries <i>thaw</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
2	Tomatoes <i>rinse & cut into bite-sized pieces</i>
880g	Pork Loin Chops
80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap (optional)
Baking Paper (optional)
Paper Towel
Butter

1. POLENTA: PHASE ONE Boil the kettle. Place 120ml of polenta in a shallow bowl and set aside for step 4. Prepare a flat dish lined with cling wrap or baking paper. Place a pot over high heat with 1L of boiling water and ½ tsp of salt. Once boiling, slowly whisk in the remaining polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Use a spoon when it gets too thick to whisk. Remove the pot from the heat and stir through a knob of butter, the grated cheese, and the crème fraîche. Immediately pour into the lined dish and spread out evenly in a single layer, 1.5-2cm thick. Gently press down with a spoon to ensure it's compressed. Pop in the fridge to cool for at least 20-25 minutes.

2. LET'S GET SAUCY Place a pot over medium heat with a drizzle of oil. When hot, fry the sliced onion until turning golden, 8-10 minutes (shifting occasionally). In the final 1-2 minutes, add the rinsed thyme. Mix in the wine and the balsamic reduction. Simmer until evaporated by half (stirring occasionally). Add the cherries, break them up with a wooden spoon and cook for 1 minute. Remove from the heat and discard the thyme stalks. Add a knob of butter and seasoning. Set aside and cover to keep warm. You may need to reheat the sauce before serving.

3. SPEEDY SALAD In a salad bowl, combine the shredded salad leaves, the tomato pieces, a drizzle of olive oil, and seasoning.

4. POLENTA: PHASE TWO Once the polenta has cooled, gently flip it out onto a chopping board and remove the lining. Using a sharp knife, slice the polenta into rectangular "fries". Roll the fries in the reserved, uncooked polenta until evenly coated. Place a large pan over high heat with 2-3cm of oil. When hot, cook the fries in batches for 2-3 minutes until crispy, shifting as they colour. Drain on paper towel.

5. MAKE IT PORK Pat the pork chops dry with 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. Coat in oil, and season. Place a pan over medium-high heat. When hot, sear the pork chops, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

6. RIGHT ON THYME Plate the chops and top with the cherry-thyme sauce. Side with the polenta fries and the salad. Crumble the drained feta over the salad. Finish off with a grind of black pepper. Divine, Chef!



Chef's Tip

If you can, complete phase one of the polenta fries (Step 1) an hour before you start cooking. This ensures that the mixture will set firm, making it easier to cut before frying!

Nutritional Information

Per 100g

Energy	653kj
Energy	156kcal
Protein	8.5g
Carbs	13g
of which sugars	3.7g
Fibre	0.9g
Fat	6.3g
of which saturated	3g
Sodium	355mg

Allergens

Egg, Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
2 Days