

UCCOOK

Pork Steak & Creamy Thyme Sauce

with creamy polenta and baby marrow salad

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	972kj	5710kj
Energy	232kcal	1366kcal
Protein	4.4g	25.8g
Carbs	12g	68g
of which sugars	2.4g	13.9g
Fibre	1.1g	6.6g
Fat	18.4g	108.2g
of which saturated	7.4g	43.5g
Sodium	62mg	366mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60ml	80ml	Red Wine Vinegar
300g	400g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
480g	640g	Pork Neck Steak
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Thyme <i>rinse, pick & finely chop</i>
180ml	240ml	Fresh Cream
45ml	60ml	Dijon Mix <i>(22,5ml [30ml] Worcestershire Sauce & 22,5ml [30ml] Dijon Mustard)</i>
225ml	300ml	Polenta
60g	80g	Salad Leaves <i>rinse</i>
8g	10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter (optional)
Sugar/Sweetener/Honey
Paper Towel
Milk (optional)

1. PICKLING MOMENT In a bowl, add the vinegar, 30ml [40ml] of sweetener, a generous drizzle of olive oil and mix to emulsify. Add the baby marrow, toss to combine and season. Set aside in the fridge.

2. FRY TIME Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-5 minutes per side. Remove from pan and set aside.

3. SAUCY STEP Return pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 10-12 minutes (shifting occasionally). Add the garlic and thyme and fry until fragrant, 1-2 minutes. Mix in the sliced pork, cream, dijon mix, and a splash of water. Simmer until slightly thickening, 4-6 minutes. Remove from the heat and season. Reheat just before serving if it gets cold.

4. WHISK AWAY Bring a pot with 1L [1.4L] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter and season. Loosen with milk or warm water if it's too thick just before serving.

5. JUST BEFORE SERVING Add the salad leaves to the baby marrow and toss to combine.

6. PLATE IT UP Make a bed of the polenta, top with the creamy pork and serve alongside the baby marrow salad. Garnish with the chives and cheers, Chef!