



# UCOOK

## Pork & Exotic Mushroom Gratin

with fresh cream & smashed potatoes

Pork rump is pan seared and basted with butter before being topped with an exotic mushroom mixture and grated hard cheese. It is then roasted in a hot oven so that the lush topping can crisp up. As if this isn't delicious enough, it is sided with smashed baby potatoes for crunch and salad leaves for freshness. Your taste buds will thank you!

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Jeannette Joynt

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 Adventurous Foodie

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 Boschendal | Rache'sfontein Chenin Blanc

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## Ingredients & Prep

200g	Baby Potatoes
1	Onion <i>½ peeled &amp; finely diced</i>
125g	Mixed Exotic Mushrooms <i>finely chopped</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	White Wine
30ml	Fresh Cream
15ml	Panko Breadcrumbs
25ml	Grated Italian-style Hard Cheese
150g	Pork Rump
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. SMASH THE POTS** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water over a high heat and pop on a lid. Once boiling, reduce the heat. Allow to simmer for 10-15 minutes until easily pierced with a fork but still firm. Drain on completion, place on a lightly greased roasting tray, and spread out in a single layer. Using a fork or masher, gently press down on them, splitting the skin, but keeping them in one piece. Drizzle over some oil or butter and season. Roast in the hot oven for 15-20 minutes until crispy and golden.

**2. MUSHIE MANIA** Place a pan over a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the chopped mushrooms and fry for 4-5 minutes until starting to brown and any excess liquid has evaporated, shifting as they colour. Season to taste.

**3. FINISH THE GRATIN** When the mushrooms are done, add the grated garlic to the pan and fry for 1 minute until fragrant, shifting constantly. Add the wine and leave to simmer for 1-2 minutes until almost all evaporated. Pour in the cream and leave to reduce for 1-3 minutes or until slightly reduced. Remove from the pan and season to taste. In a separate bowl, combine the breadcrumb and the grated cheese. Add oil until all the breadcrumbs are coated.

**4. PORK RUMP** Return the pan to a medium-high heat with a drizzle of oil. Pat the pork dry with some paper towel, and coat in seasoning. When the pan is hot, sear the pork, fat-side down, for 2-3 minutes until crispy. Then, fry for 2-3 minutes per side, or until browned but not cooked through. During the final 1-2 minutes, baste with a knob of butter.

**5. GRATINATION STATION** Turn the oven on to the highest setting or the grill. Place the pork on a roasting tray and top with the mushroom mixture (if there are too many mushrooms, just load them around the pork). Sprinkle over the cheese mixture. Pop into the hot oven and grill for 3-4 minutes until golden and the pork is cooked through. Watch carefully so the crumb doesn't burn! In a bowl, combine the salad leaves with a drizzle of oil and seasoning.

**6. LOOKS GREAT-IN!** Plate up the mushroom gratin pork and serve alongside the crispy smashed potatoes. Side with the dressed salad leaves and any remaining mushrooms. Sprinkle over the chopped parsley.



## Chef's Tip

A gratin means a dish that is topped with cheese or breadcrumbs and grilled in the oven until brown and crisp.

## Nutritional Information

Per 100g

Energy	522kj
Energy	125Kcal
Protein	6.3g
Carbs	9g
of which sugars	1.5g
Fibre	1.2g
Fat	6.7g
of which saturated	2.8g
Sodium	51mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook  
within 2  
Days