



UCCOOK

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.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Onion <i>½ peeled & finely sliced</i>
10ml	White Wine Vinegar
60g	Tinned Sweetcorn
30ml	Fresh Milk
30ml	Polenta
50ml	Cake Flour
5ml	Baking Powder
20ml	White Sugar
10g	Dried Apricots <i>roughly chopped</i>
180g	Pork Kassler
20g	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 25-30 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 20g 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 50ml 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 kassler 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