



Oysters Restaurant

37 Patrick Street, Strabane

Co Tyrone , BT82 8DQ

T: +44(0)28 7138 2690

E: info@oystersrestaurant.co.uk

W: www.oystersrestaurant.co.uk

Pork Plate

Confit Pork Belly, Poached Pork Fillet & Roast Loin of Pork. Served with apple purée, caramelised apple, apple crisp & cider jus.

(Recipe serves 4)

PORK BELLY (500gms pork belly, 500ml duck fat)

Preheat oven to 150°C/ 300°F/Gas Mark 2. Melt duck goose fat, pour over belly. Roast for 2 ½ hrs. Remove belly & place between 2 baking trays, topped with a weight. Cool for ¾ hr or overnight. To re-heat, place in oven for 10 mins.

PORK FILLET (2 X pork fillets)

Roll pork fillets in cling film and tie at ends. Place in boiling pot of water for 8 – 10mins. Leave for 2 mins. Remove cling film. Remove thin slice from bottom and top & finish by cutting diagonally to form 2 halves.

PORK LOIN (4 x pork loin chops)

Heat pan, season pork loin chops, sear for 2 mins on each side & place in oven for 10 mins.

APPLE PURÉE (Granny Smith Apples)

Peel & stew apples. Then purée.

APPLE CRISP (Granny Smith apples, sugar, 100ml stock syrup)

Pre-heat oven to 110 °C/225 °F/Gas Mark ¼. Thinly slice the apple (2sm thick). Drop the slices into stock syrup to coat, arrange in a single layer on a baking sheet & cook in oven for 1 – 1 ½ hrs until crisp.



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Pork Plate Cont.

CARAMELISED APPLES (Granny Smith apples, sugar, 30g butter)

Peel apples, cut in half & remove core. Heat pan, add sugar & butter & cook until golden brown. Add apples, leave for 1 min. Turn apples & place in over for 5 mins.

CIDER JUS (20g butter, 1 shallot (peeled & chopped), clove of garlic (peeled & chopped), stick of celery (chopped), carrot (chopped), bay leaf, stick of thyme, tablespoon of sugar, tablespoon of balsamic vinegar, 200ml cider, 200ml red wine, 1-1 ½ litres beef/veal stock)

Melt butter in a large saucepan & gently cook shallot, garlic, celery, carrots, bay leaf, & thyme for about 5 mins. Add sugar, cook for 2-3 mins to caramelise. Add vinegar cider & red wine & reduce to sauce consistency. Pass through a muslin-lined sieve and cool.

SERVE

Spoon apple purée onto warm plates. Place the pork loin on top of the caramelised apple. Arrange the fillet & belly on the plate. Drizzle with jus, garnish with 2 apple crisps and flat leaf parsley.