

Apple Brined Pork, Red Wine Apple Sauce, Smoked Potato Puree, Butter Poached Carrot and Cabbage Apple Salad

Recipe from: Brian Rideout, NSCC Kingstec Campus, 2nd Year Culinary Student

Apple Brined Pork

1 Meadowbrook's Omega Pork Boneless Loin Chop		1-cup apple cider
¼-cup water	2 ounces whiskey	¼-cup brown sugar
2 tsp salt	black peppercorns	½ tsp cinnamon
½ tsp curry	½ tsp paprika	½ tsp chilli powder
pepper to taste	olive oil	

1. Bring cider, water, whiskey, brown sugar, salt and peppercorns to a boil and then cool
2. Pour over pork and let sit in fridge for 4-5 hours
3. Pat pork dry, season with salt and pepper
4. Combine spices together and rub onto pork
5. Heat a saucepan to med-high heat, add olive oil and sear pork until golden on all sides
6. Place pork in the oven and bring the internal temperature to 145F (check with meat thermometer)

Red Wine Apple Sauce

3 cloves garlic, minced	1 shallot, minced	3 apples, peeled, cored, and diced
1-cup red wine	2 tsp red wine vinegar	3 tbsp honey
½ tsp cinnamon	salt and pepper to taste	

1. Sweat garlic, shallot, and apple in butter
2. Add wine and vinegar and bring to boil
3. Add honey and cinnamon and reduce to simmer
4. Simmer until apples are soft
5. Puree with an immersion blender and strain
6. Season with salt and pepper

Smoked Potato Puree

3 potatoes	1 tbsp butter	¾-cup cream
½ tsp nutmeg	salt and pepper to taste	wood chips

1. Soak wood chips
2. Steam the potatoes until just cooked through
3. Heat the cream, butter, nutmeg, salt and pepper to a simmer
4. Smoke the potatoes 10-15 minutes or until they obtain a smoky flavour
5. Pass the potatoes through a ricer and add cream mixture
6. Reheat in saucepan and taste

Butter Poached Carrot

1 large carrot	2 cups butter	salt and pepper to taste
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1. Clarify butter in saucepan
2. Bring clarified butter to 170F and then add carrot
3. Poach until just tender
4. Add to fry pan and sauté briefly
5. Season with salt and pepper

Cabbage Apple Salad

¼ head cabbage, julienne	2 apples, peeled, cored & julienne	
2 tsp limejuice	2 tsp cider vinegar	1 tsp caraway
2 tsp olive oil	1/3 cup sour cream	2 tbsp chopped pistachios

1. Toss apples with lime juice
2. Combine all ingredients together, toss to coat.
3. Marinate 2-3 hours