

## QUENTIN'S RECIPE OF THE MONTH

# PORK BELLY, PEA PUREE, MUSTARD MASH, CAJUN FRIED CABBAGE.



### PORK BELLY:

#### Ingredients -

- 1 x Pork Belly on a Bone
- Salt
- Olive Oil

#### Method:

1. Leave the pork uncovered in the fridge overnight to dry out the skin. Salt the Pork Belly so as to get more liquid out of the skin.
2. Preheat the oven to 180 Degrees.
3. Carefully score the pork skin with a sharp knife. I like to score the pork into square sized servings as per the photo.
4. Lightly cover the pork belly in olive oil.
5. Rub salt all over the pork.
6. Place the Pork Belly in a roasting dish and roast in the oven for approximately 1 Hour 30 Mins, depending on the size of the pork, or until the crackling is golden and super crunchy.
7. Remove from oven and let the pork rest for a few minutes on a cutting board.
8. Slice up perfect servings as per the scoring you did.

### PEA PUREE:

#### Ingredients -

- 1 x Kg frozen peas
- 125g butter, unsalted
- 2 x Garlic cloves, minced
- 2 x Medium baby onions, finely sliced
- 2 x Cups chicken or vegetable stock
- 1/4 tsp salt
- 1/8 tsp white pepper

## **Instructions -**

1. Melt butter in a saucepan over medium heat. Add garlic and onions and sauté for 3 minutes until soft, but don't let them go golden.
2. Add frozen peas and stock, increase heat to bring to simmer then cover and reduce heat to medium. Simmer for 2 minutes.
3. Remove 1/3 cup liquid from the saucepan, reserve.
4. Transfer all peas and remaining liquid into a food processor. Add salt, pepper and mint if using. Blitz on high for 1 minute until smooth.
5. For extra smooth, press through a mesh colander with a rubber spatula (it's easy).
6. Use reserved liquid to achieve the desired consistency – I like a soft, dolloping consistency. Sometimes people prefer it loose. Add more salt and pepper if desired. Remember, this is not supposed to be strongly flavoured or seasoned! Serve warm and dollop or smear onto plates or serve in bowls for people to help themselves.

## **SPICY CAJUN FRIED CABBAGE:**

### **Ingredients -**

- ½ head white cabbage
- ½ head red cabbage. I like to use red and green for colour
- 2 TBSP butter
- ½ TBSP red wine vinegar

### **Seasoning (add slowly and taste to get the perfect flavour)**

- Salt
- Pepper
- Cumin
- Paprika
- Cayenne pepper
- Oregano
- Thyme

### **Instructions -**

1. Start by removing the outside leaves of the cabbages.
2. Take a sharp knife and cut the cabbages in half, putting half of the cabbages aside. Cut along the sides and top of the cabbage, remove and discard. Cut into strips.
3. Take a large pan and add butter over medium to high heat and once the butter is melted add the chopped-up cabbage.
4. Next add the red wine vinegar and then all your spices. Season to taste and cook for 15 minutes whilst continuously stirring so that the cabbage cooks evenly.

## MUSTARD MASH:

### Ingredients –

- Potatoes
- Butter
- Salt
- Milk
- Mustard Powder / Hot English Mustard / Dijon Mustard

### Instructions –

1. Peel the potatoes and cut into quarters.
2. Bring a pot of water to the boil, season with salt and boil the potatoes until they are soft and ready to be mashed.
3. Drain the potatoes making sure all the water is removed.
4. Mash the potatoes with butter and a small amount of milk.
5. Add seasoning.
6. Add your choice of mustard and taste to get the perfect amount that suits you.

Remember, mustard goes extremely well with roast pork.



ARE YOU LOOKING TO BUY OR SELL?

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