



Roast pork rack with anchovy and caper butter and lentil salad

By Shannon Bennett

1 hour, plus 24 hours to dry out the pork

Preparation time

1 hour 30 minutes, plus resting time

Cooking time

8-10 servings

Serves

INGREDIENTS

Roast pork rack

1 pork rack weighing approximately 3 kg,
10 points

Burghul and lentil salad

1 cup burghul, soaked in 1 cup of salted
boiling water
½ cup (100 g) puy lentils, soaked in water
for 30 minutes, then drained
¼ cup extra virgin olive oil
½ large red onion, finely chopped
1 clove garlic, peeled and crushed
6 spring onions, thinly sliced diagonally
½ cup chopped flat leaf parsley
1 teaspoon chilli flakes
1 teaspoon cumin
1 lemon, juice and zest

Anchovy and caper butter

2 anchovies
1 tablespoon Lilliput or baby capers,
soaked in water, drained
2 teaspoons Dijon mustard
2 teaspoons tarragon, chopped
2 teaspoons flat leaf parsley, chopped
¼ bunch basil leaves, sliced very thinly
1 lemon, juice and zest
250 g unsalted, French or cultured butter,
diced
100 ml extra virgin olive oil
Sea salt and white
pepper to taste

METHOD

Roast pork rack

1. Remove all packaging from the pork and pat dry with paper towel. Place in the refrigerator uncovered for 24 hours to allow the skin to dry out.
2. Pre-heat oven on Fan Plus at 240°C.
3. Place the pork on a universal tray and insert the Food probe into the thickest part of the meat, avoiding the fat.
4. Once the oven is pre-heated, turn the oven off then on and create a User programme:
 - Stage 1: Select Moisture Plus at 240°C + 30 minutes
 - Stage 2: Select Fan Plus at 160°C + Core temperature at 55°C
5. Place pork in the oven on shelf position 2.
6. Once the pork is cooked, rest the pork for a minimum of 15 minutes in the Warming Drawer at 55°C, or in a warm area.

Burghul and lentil salad

1. Place burghul in a sieve; rinse well under cold water, drain and transfer to a bowl.
2. Place lentils in solid stream tray with 375 ml of water. Place in the Steam Oven and Steam at 100°C for 20 minutes.
3. Drain liquid, pour the lentils onto the burghul and mix well.
4. Heat extra oil in a large frying pan over medium heat, Induction setting 6. Add onion and garlic, cook, stirring frequently, for approximately 5 minutes until transparent.
5. Add the cumin and toast until fragrant. Pour the lentil and wheat mixture into the frying pan. Mix and then add the spring onion, chopped parsley and season with salt, chilli flakes and lemon.

Anchovy and caper butter

1. Combine all ingredients in the bowl of a food processor and blend until almost smooth.
2. Place in a hot frying pan over high heat, Induction setting 8 and melt quickly.

To serve

1. Slice the pork into individual cutlets, scatter the salad along a large platter and arrange the portioned pork over the top.
2. Drizzle some of the caper butter over the top and to the side.

Note:

- Anchovy and caper butter can be stored in the freezer for up to 3 months. When ready to use, place in a hot frying pan over high heat and melt quickly.
- Anchovy and caper butter can be served with roast meats or steamed fish.
- Burghul is available from delicatessens.
- Due to the low core temperature of this dish it is recommended to source the highest quality pork. Alternatively, you can cook the pork to 62-65°C core temperature and allow the meat to rest in the warming drawer for 15 minutes before slicing.