



SEASONS AT HIGHCLERE



GARDENING, GROWING, AND COOKING THROUGH THE YEAR
AT THE REAL DOWNTON ABBEY

THE COUNTESS OF CARNARVON

RIZZOLI
BY YORK



Roasted Pork Cutlet and Tinned Prunes

Pork and prunes are a classic combination for good reason and prunes whether tinned or dried are an excellent source of fibre. High in potassium and key vitamins choose the amount you serve with pork and enjoy them. This recipe is for one – it's always handy to have a quick tasty supper dish in your repertoire for when you're left alone on a winter evening.

INGREDIENTS

1 sprig of thyme, leaves picked
1 sprig of rosemary
1 clove of garlic, crushed
200g (7oz) pork cutlet on the bone
1 290g (10oz) tin of prunes
1 tbsp olive oil
100g (3½oz) chilled butter, cubed,
plus extra for cooking
1 shallot per person,
sliced into thin wedges
1 apple, cored and cut into wedges
50ml (2fl oz) chicken stock
Salt and freshly ground
black pepper

PREPARATION TIME 20 mins COOKING TIME 20 mins SERVES 1

Preheat the oven to 190°C/170°F/Gas mark 5.

Crush the thyme, rosemary and garlic roughly together in a mortar and pestle and rub on the cutlet. Leave for a good hour (best left overnight).

Open the tin of prunes and strain out and reserve the juice. Deseed the prunes and put to one side for later.

In a hot pan, add a small knob of butter and splash of oil, then the cutlet (take care as this may spit). Add the shallot and gently brown.

After 2 or 3 minutes turn over the pork and shallot. Add the apple and cook for 2 more minutes.

Turn everything out on to an oven tray and roast for no more than 5 minutes. This is not long, so don't forget about it and let your pork go dry!

Return the frying pan to the heat and deglaze with the chicken stock, scraping up any tasty, brown caramelised bits from the bottom. Reduce by half, then add the prune juice and as many prunes as you like.

When the sauce is hot, remove from the heat and add the butter, a piece at a time, stirring all the time until all the butter has melted into the sauce. Chefs call this *monter au beurre*, and it adds great shine, flavour and richness.

Now plate and enjoy – great with sautéed green beans or just a salad.