

Pork Steaks in Calvados with Apples

REF:

Serves 2

Cuisine: British

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

2	Pork Loin Steaks
1	Dessert apple (red skin preferably)
1 tsp	Brown sugar
1 tbsp	Olive Oil
3 tbsp	Calvados
2 sprigs	Rosemary

Method:

1. Heat the grill to medium-high
2. Core the apples and slice into wedges.
2. Add a little oil to a frying pan and add the sugar and warm until its melted
3. Add the apples and sauté them in the sugar mix to caramelize on both sides.
4. Add a little oil to another pan and get it hot. Add the rosemary then fry the steaks on the edge – eg: fat side only to crisp it.
5. Once the fat rind is golden, place under the grill for a few minutes each side until cooked. Reserve and rest for a few minutes.
6. Take the pan that the steaks were fried in and get it hot again, add the Calvados and flame it and reduce to a sauce consistency, making sure you scrape in any pork juice and any bits retained.

To Serve:

Once the steaks are cooked, place onto a plate and top with wedges of the caramelized apples, drizzle any juices over. Then take the reduced Calvados and drizzle that over and around the pork steak.

Can be served with sautéed potatoes and green beans – tasty or what!

Chef Notes:

Apples, rosemary and pork are a marriage made in heaven – here they come together with Calvados – an apple-based liqueur to give it added flavour. Pork should NOT be undercooked or rare – but it should be succulent and tender. Over cooking makes it tough, so make sure you test it to strike the right balance.