

Balsamic Roast Pork Rack with Pears



Ingredients

- 1 x 10 rib, pork rack (approx 2kg)
- 1 tablespoon sea salt
- 1 tablespoon white peppercorns
- 1 tablespoon garam masala
- 1 tablespoon fennel seeds
- 2 tablespoons oil
- 2 tablespoons olive oil
- 4 pears, quartered and cored
- 400g eschalots, peeled
- 2 tablespoons caramelised balsamic vinegar
- salt and pepper

Method

1. Score rind of pork rack on the diagonal at one centimetre intervals.
2. Combine salt, pepper, garam masala and fennel seeds in a frying pan and heat, shaking pan frequently, over low heat or until fragrant. Remove from pan and cool completely.
3. Grind salt spice mix in a pestle and mortar until finely ground. Rub oil evenly over whole pork, followed by spice salt mix and refrigerate, uncovered for 1½ hours.
4. Preheat oven 240°C/220°C (fan forced). Place pork roast on a roasting rack that fits into a large baking dish. Pour 1 cup of water into the base of the dish and roast 30 minutes.
5. Turn oven down to 180°C/160°C (fan forced) and continue cooking for 20 minutes per 500g (about 1 hour 20 minutes).
6. Heat oil in a large frying pan. Add eschalots and cook over a med low heat until soft, add pears and cook until browned all over. Stir in vinegar and season with salt and pepper, simmer until thickened.
7. To serve, carve pork, running knife between ribs to separate and serve with roasted balsamic pears and steamed greens.

Recipe brought to you by Peninsula Bulk Meats