

Pork with Homemade Plum Sauce

Serves

2

Prep Time

10 - 15 mins

Cooking Time

30 - 40 mins



Ingredients

- 200g Specially Selected Pork Fillet or Leg Steaks
- 1 medium red onion, finely chopped
- 1 clove garlic, crushed
- 4 tbsp red wine vinegar
- 450g (1lb) plums, pitted and chopped
- 1 tsp Chinese Five Spice powder
- 2 tbsp clear honey
- Salt and black pepper

Cooking Method

- First make the plum sauce. Put the onion and garlic in a saucepan with the garlic and vinegar. Heat gently, stirring, until simmering, then cook gently for 5 minutes. Add the plums, five spice and 2 tbsp water. Bring to the boil, reduce to a gentle simmer, cover and cook for 30 minutes until soft and pulpy. Stir in the honey and season to taste. Serve the sauce hot or cold.
- Heat a non-stick pan or griddle pan. Slice the pork into 6 even-sized pieces, only brush with the olive oil if your pan is non-stick, season with salt and pepper. Sear in the hot pan for 3 minutes on each side until well browned, then turn onto their round sides to brown for a minute or two, turning to finish the searing. Transfer to a warm serving dish in the oven, while you cook the plum sauce.
- Serve the pork medallions with the plum sauce, reheating the sauce if you prefer it hot.



Find all recipes at scotchkitchen.com