

# Trio of Pork aka “The Three Little Pig Plates”

## Trio of pork

Char broiled pork ribeye, plantain puree, mojo criollo sauce, black bean, avocado, mango, cilantro and pork belly chips

Roasted pancetta wrapped pork loin with sage polenta filling and a red bell pepper cream

Crisp and tender pork belly, pickled figs, pear sauce, curried almonds, champagne mustard sauce and bull's blood micro greens

## Char broiled mojo pork ribeye

3oz. Pork ribeye

Plantain puree (recipe follows)

Mojo criollo sauce (recipe follows)

Pork belly chips (recipe follows)

2 tablespoons black beans

1 tablespoon avocado (small diced)

1 tablespoon mango (small diced)

1 sprig cilantro

To finish: Char broil the pork ribeye until 140 degrees and let rest. Plate 1 tablespoon of plantain puree, top with ribeye, then 2 tablespoons mojo criollo sauce, garnish with beans, avocado, mango, pork belly chips and cilantro.

## Roasted pancetta pork loin with sage polenta filling

6oz. Piece of pork loin pounded 1/4 inch flat.

Sage polenta (recipe follows)

Red bell pepper cream sauce (recipe follows)

9 pieces shaved pancetta

Fried sage for garnish

Oil for roasting

To finish: Put a 18 inch by 18 inch sheet of plastic wrap down, put the pork loin on the bottom center of the plastic wrap. Put the polenta strip in the middle of the pork loin. Roll the pork up around the polenta. Wrap the plastic tight around the pork and roll it firmly. Unwrap the pork and wrap the roll in pancetta. Make sure you overlap the pancetta a little so it holds together. Wrap it tight in the plastic wrap again. Refrigerate a few hour or overnight.

Preheat oven to 400 degrees. Unwrap the pork roll. In a sauté pan over medium high heat add the oil. When hot sear pork roll till golden on all sides. Finish roasting it in the oven until it reaches 140 degrees. Pull out of oven and rest. Put 2 tablespoons red pepper sauce on the plate top with a 1 inch slice of pork roll and garnish with fried sage.

## Crisp and tender pork belly with pickled fig and pear

3oz. Piece roasted pork belly

2 tablespoons vegetable oil

Pickled figs (recipe follows)

Pear sauce (recipe follows)

Curry spiced almonds (recipe follows)

Champagne mustard sauce (recipe follows)

1 tablespoon bull's blood microgreens

To finish: In a small sauté pan over medium heat add oil. When hot sear pork belly on all sides till golden crispy. Reserve.

On plate put down 1 tablespoon of pear sauce, top with pork belly. Spoon 2 tablespoons champagne sauce over belly. Finish plate with figs, almonds and microgreens. Serve.

## Supporting Recipes in Alphabetical Order

### Champagne mustard sauce

1 cup sliced button mushrooms  
3oz. sliced onion  
1 tablespoon vegetable oil  
1 1/2 cup white wine  
1 cup heavy cream  
2 teaspoons chicken stock concentrate  
2 teaspoons Dijon mustard  
1 teaspoon whole grain mustard  
1/2 teaspoon roux (1 part butter to 1 part gluten free flour)

Method: In a small pot over medium high heat add oil, onion and mushrooms. Cook till onions are soft. Add white wine and reduce till au sec, add cream and reduce to a medium heat. Cook till there's about 1 cup of liquid left, add roux and cook for another minute, remove from heat. Add mustards and chicken stock. Reserve

### Curry spiced almonds

1/2 large egg white  
2 teaspoons curry powder  
1/4 teaspoon kosher salt  
1/2 cup blanched sliced almonds

Method: In a bowl whisk egg white until white and frothy. Add curry powder and salt. Whisk the curry in, add the almonds and mix. Put almonds on a parchment lined sheet tray and toast at 350 degrees till golden brown, about 5 minutes.

### Mojo criollo sauce

1 tablespoon garlic puree  
4 roasted garlic cloves  
1/2 medium Vidalia onion (sliced thin)  
1/4 cup orange juice  
2 tablespoons lemon juice  
2 tablespoons lime juice  
1/2 cup olive oil

Method: Mix everything together except oil. In a large pan over high heat add oil. When oil starts to smoke, carefully add the mixture to the hot oil stirring constantly until it emulsifies. Reserve.

### Pear sauce

1# Anjou pears (peeled and cored and small diced)  
1 cup water  
1 tablespoon lemon juice  
2 tablespoons butter  
Salt to taste

Method: In a small pot on low heat add pears, water and butter. Cook until pears are very soft, add more water if necessary.

In a blender puree the mixture until smooth. Add lemon juice and salt. Reserve

### **Pickled figs**

1 cup dried figs  
1 cup white balsamic vinegar  
1 1/4 cup water  
1/8 cup sugar  
2 tablespoons plus 1 1/2 teaspoon salt  
1/4 teaspoon juniper berries  
1 1/2 teaspoon fennel seed  
1 1/2 teaspoon ground coriander  
3/4 teaspoon black peppercorns  
1/2 cinnamon stick  
1 garlic clove (crushed)  
1 bay leaf  
1 clove  
1/4 onion sliced

Method: In a small pot on medium high heat put all ingredients except figs. Bring up to a boil, add figs and cook at low heat for 5 minutes. Pull from heat, cool and reserve.

### **Pork belly chips**

3oz Pork belly (shaved on a slicer)  
Kosher salt

Method: Boil pork belly in salted water for 10 minutes. Strain and pat dry. Fry the belly at 350 degrees for 3 to 4 minutes. Dry on paper towels and top with salt. Reserve

### **Puree of plantain**

1 ripe plantain  
2 tablespoons salted butter  
2 1/4 oz. Onion (small dice)  
1/4 cup plus 1/2 tablespoon whole milk  
1/4 cup  
1 garlic clove (crushed)  
1 bay leaf  
1/2 teaspoon ground cumin  
1 pinch cayenne pepper  
Salt and pepper to taste

Method: Wash the plantain. Boil the plantain with the skin on for 30 minutes. Reserve a 1/4 cup of the cooking liquid.

In a small pot over medium heat add butter and melt. Add onion and cook for 1 minute. Add garlic and spices, reduce heat to medium low. Cook until soft.

In a blender puree plantain, reserved cooking liquid, milk and onion mixture till smooth. Season with salt and pepper. Reserve

### **Roast pork belly**

2 tablespoons ground fennel  
1 teaspoon ground black pepper

1/4 cup fresh thyme leaves  
3 teaspoons garlic (minced)  
3 tablespoons olive oil  
4# pork belly (skin removed)

Method: Mix all ingredients except pork belly, rub pork and marinate overnight. When ready to roast, season pork belly with kosher salt. Roast at 400 degrees for 30 minutes. Lower the oven to 350 degrees and roast for 2 hours. Raise the oven again to 400 degrees for about 10 minutes. Pull out of oven and reserve.

### **Sage polenta recipe**

1 tablespoon sage (chiffonade)  
1 1/2 cup white corn polenta  
2 cups chicken stock  
1 cup cream  
2 oz. Butter  
Salt and pepper to taste

Method: Heat up stock, cream and butter in a pot. When boiling add polenta, turn down the heat and whisk until the polenta becomes extremely tight. Pour out onto a sprayed or parchment lined pan. Spread out to 9 inch by 6 inch and 1 inch thick. Cover with plastic wrap and refrigerate for 2 hours or overnight. Cut polenta into 1 inch by 6 inch pieces.