

Pork rack glazed with spiced honey, artichoke heart purée and wilted spinach |

Recipe for 4 servings

Description

Pork loin roasted in the oven and coated with a honey flavored with allspice, a smooth and rich artichoke purée served with wilted spinach.

Note

Starting your roast in a cold oven will allow the meat to cook slowly and result in a pork rack that is really tender and juicy.

Ingredients

For the pork rack glazed with four spice honey

- 1 Unit(s) Pork rack (4 chops)
- 50 Ml Honey
- 1 Tsp Four spice mix
- 150 Gr Red onion

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

For the artichoke purée

- 400 Gr Artichoke heart
- 500 Ml Water
- 500 Ml Milk
- 75 Ml Olive oil

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

For the wilted spinach

- 200 Gr Spinaches
- 1 Clove(s) Garlic
- 20 Ml White wine

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **four** at **400 F°**

General preparation

Slice the red onion. Cut the cheese into cubes. Peel and cut the potatoes into cubes and put them in cold water. Chop the garlic finely.

For the roasted pork rack

In a small saucepan, heat the honey over low heat with the mixture of spices for 5 minutes. Season the pork with salt and pepper.

In a hot pan with vegetable oil, sear the pork until you reach a golden brown coloration on high heat. Set aside.

Add the red onion in the pan and sauté for 1-2 minutes.

Transfer to a roasting pan, place the pork rack on top and drizzle with the spiced honey. Transfer to the oven at 350°F. Drizzle with spiced honey 2-3 times during cooking. Roast for about 1h-1h30 or until the inside reaches 52°C. Let the meat rest for at least 15 minutes in a warm place before cutting individual portions.

For the artichoke purée

Use frozen artichoke hearts. Add to a sauce pot with milk and water and cook for 10-15 minutes or until very tender.

Transfer to a blender with olive oil, salt and pepper and blend until nice and smooth.

For the wilted spinach

Just before serving, in a hot pan with a knob of butter add the spinach, white wine and chopped garlic. Season with salt and pepper.

To serve

On each plate, make a nice quenelle of artichoke purée, a bit of wilted spinach and just beside a portion of pork. Drizzle with the spiced honey.

Bon appétit!