

Rack of pork, Duchesse potato and roasted vegetables, bitter cocoa sauce |

Recipe for 4 servings

Description

A grand dish for the holiday season. Oven-roasted rack of pork with vegetables, Duchesse potatoes and red wine sauce.

Note

Resting the meat after it has come out of the oven is the most important step in ensuring juicy meat.

Ingredients

Rack of pork

- 1 Unit(s) Pork rack (4 chops)

Potatoes

- 500 Gr Potatoes
- 1 Unit(s) Egg
- 1 Unit(s) Egg yolk
- 1 Pinch(es) Nutmeg
- 60 Gr Butter

Vegetables

- 4 Unit(s) Nantaise carrot
- 2 Unit(s) Parsnip
- 20 Berries Pearl onion

Sauce

- 75 Gr Shallot
- 2 Sprig(s) Thyme
- 15 Ml Red wine vinegar
- 150 Ml Veal demi-glace
- 150 Ml Red wine
- 1 Tsp Cocoa powder

Preparation

- Preparation time **90 mins**
- Preheat your **oven** at **400 F°**
- Resting time **15 mins**

Setting up

Peel the parsnips and cut them into macedonies, along with the carrots.

Finely chop the shallot.

Thin out the thyme sprigs.

Peel, wash and dice the potatoes and steam for 35 to 40 minutes.

Pork

Season the rack of pork with salt and pepper. In a hot frying pan, drizzle with vegetable oil and sear on all sides over high heat. Reserve the pan for the sauce.

Place the rack of pork on a baking tray. Place the baking tray in the oven, set to 400°F. Bake for approximately 1h-1h30, until the center of the rack of pork reaches 52°C.

Let the meat rest for at least 15 minutes in a warm place before cutting into individual ribs.

Vegetables

Place the root vegetables on an oven tray, drizzle with olive oil, add thyme, salt and pepper. Place everything in the oven for about 20 to 25 minutes, depending on size.

Give them a good blast on the grill before serving, to give them a slightly enhanced color.

Potatoes

Mashed potato the potatoes in a large bowl.

Add the butter, salt and a little nutmeg. Mix until all the butter has melted.

First add a whole egg and mix. Then add the yolk.

Pour the purée into a piping bag (fitted with a fluted tip).

Place small roses on a parchment-lined baking sheet.

Bake at 400°F for 25 to 30 minutes.

Sauce

In a frying pan with a little butter, sweat the shallot with the thyme, deglaze with the vinegar, then the red wine and reduce until syrupy, add the demi-glace and cook until desired consistency.

On the plate

Carve the pork chops and pour the meat juices created by the resting time into your sauce.

Arrange the Duchesse potatoes, roasted vegetables and pork chops on your plates.

Finish assembling your plates by pouring a little sauce over the meat.

Bon appétit!