

Roasted pork chop served with caramelized apples purée and oregano roasted vegetables

Recipe for 4 persons

Description

Rack of pork on the bone pan-fried and then roasted, served with caramelized apple purée and diced parsnips, celery root and carrots roasted in oregano oil.

Note

Temper the pork chops for at least 30 minutes to ensure even cooking.

Ingredients

For the rack of pork

- 1 Unit(s) Pork rack (4 chops)
- Salt and pepper
- Vegetable oil

For the roasted vegetables in oregano oil

- 400 Gr Celeriac
- 2 Unit(s) Carrot
- 2 Unit(s) Parsnip
- 1 Bunch(es) Oregano

- Salt and pepper
- Vegetable oil

For the caramelized apple puree

- 4 Unit(s) Cortland apple
- 10 Gr Sugar
- 30 Gr Butter

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

General preparation

Peel and dice the apples and set aside in lemon water. Cut parsnips, carrots and celeriac into small cubes. Cut the rack of pork into 4 ribs.

Roasted vegetables with oregano oil preparation

Using a mortar and pestle, crush the oregano with a pinch of salt and a drizzle of vegetable oil to a smooth paste. Season with salt and pepper. Add the oregano oil and mix. Place on a baking sheet and roast in the oven for 15-25 minutes until the vegetables are tender. Set aside.

Caramelized apple purée preparation

In a hot nonstick skillet, drizzle with vegetable oil and brown the diced apples. Sprinkle with sugar and let caramelize slightly. Turn down the heat and let the apples stew, then place them in a food processor. Add the butter and blend to obtain a smooth purée. Set aside.

Pork chops preparation

Season the pork chops with salt and pepper. In a hot non-stick skillet, drizzle vegetable oil and sear the pork chops on both sides until golden brown. Place the pork chops on a baking sheet and roast in the oven for 10 to 12 minutes until pink.

To serve

Place a pork chop on each plate and serve with apple sauce and some roasted vegetables.

Bon appétit!