



ORGANIC CUISINE

Matt Fahie

The Hospitality Specialists &
Ecofest Resident Chef

Sticky Pork Loin with Fried Gnocchi and Spiced Apples

MARINATED PORK

500 gm pork loin flap on
Sticky pork marinade
½ cup cooking wine
¼ cup oyster sauce
¼ cup kecap Manis
1 tbs soft brown sugar
1/3 cup fish sauce
2 cloves garlic
1 piece ginger sliced
1 star anise
½ spring onion chopped

FRIED GNOCCHI

1 Kg Agria Potatoes
2 egg yolks
Salt and pepper
2 tbs chopped chives
1 cup strong flour
2 tbs butter
1 cup semolina

SPICED APPLES

½ Cup Palm Sugar
¼ Cup Apple Juice
10 ml Cider Vinegar
60 ml rice wine vinegar
½ tsp Chinese five spice
1 star anise
1 cinnamon stick
2 cm piece galangal
1 apple peeled diced
50 ml peanut oil
Butter

VEGETABLE

1 bunch Bok choy

Pork

Place all ingredients into a saucepan (except pork) and bring to the boil. Reduce heat and simmer gently until marinade starts to thicken. Do not caramelize as this will burn when cooking on the pork. Cool down completely and rub liberally over the pork. Cover and leave refrigerated for at least 5 hours. Leave some marinade to drizzle over pork when serving.

When required remove excess marinade and seal (or cook) outside of the meat in a hot pan to retain juices whilst roasting. **Place in oven and cook until at least 60c. Pork is great and safe to eat medium rare – well done. Cook this to your requirements.**

Fried Gnocchi

Peel and dice the potato. You can use any floury potato but there is no better spud than Agria. Cook in salted water at a slow boil (so as to cook evenly through without turning the outside to mush). Strain well and place on an oven tray to dry out in oven at 160c for 5 minutes. Do not colour the outside. Pass through a strainer or ricer. Do not use a processor or this will turn the starch to glue. Add the yolks when potato has cooled. Work with a wooden spoon and add the rest of ingredients. Don't be afraid to mix hard until coming to a smooth ball.

Place between two sheets of plastic and flatten to a 4 cm height. Refrigerate and cut into circles when cooled. Pan Fry in a mixture of olive oil and butter until golden. Place on a tray and bake in the oven at 180c for 10 minutes. Reserve until needed.

Spiced apples

Place ingredients (except peanut oil) into a pan. Bring to the boil reduce and thicken as per pork marinade. Cool, then strain out solids and whisk in the peanut oil slowly creating a thick "cloudy" mayonnaise like dressing. Pan fry the diced apple in a little butter until just tender throughout. This should not be a puree. Add the two together gently without breaking the apple.

Veg

Sauté the Bok Choy (or whatever you like) and serve with the fried gnocchi cake and the well rested pork.