

NACC Care Chef of the year 2021 - Aaron Watson

**Honey & ginger glazed pork fillet served with garlic and chili Pak choi, potato croquette, carrot puree and fresh apple**

Ingredients for 4 portions

200g Maris Piper potatoes  
200g carrots  
milk – enough to completely cover the carrots  
500g pork fillet, cut into 125g portions  
30g Knorr professional ginger puree  
10g garlic powder  
150ml honey  
50ml soy sauce  
25ml cider vinegar  
50g plain flour  
50ml egg wash  
50g panko breadcrumbs  
2 red eating apples  
2 baby Pak choi  
3 garlic cloves  
½ red chili  
micro herbs – red amaranth, micro basil  
salt and pepper to taste  
1 tbsp vegetable oil

Method

1. Peel and chop potatoes into halves, place in saucepan and cover with cold salted water and bring to the boil. When the potatoes are completely cooked through, drain the water and mash the potatoes, taste and add more seasoning as required, allow the mashed potato to cool down.
2. Peel and thinly slice the carrots and place into a small saucepan and cover with the milk. Add salt and bring up to the boil then reduce heat to a simmer and cook for 20 mins or until the carrots are fully cooked through.
3. Drain the milk from the carrots but remember to keep the milk to use. Place carrots into a blender or you could use a stick blender and add a little bit of the milk and blitz, add more milk as required if the purée is too thick, taste and season as required.
4. Prep the pork by removing any excess fat and silver skin and portion into four 125g portions.
5. To make the sauce add the ginger purée and garlic powder into a small saucepan and gently heat to release some of the aromas. Then add the honey, soy sauce and cider

vinegar and turn up the heat to bring the sauce to a boil, then turn down the heat to a simmer whilst whisking and reduce the sauce by half.

6. For the croquettes shape the cooled mash potato into table tennis sized balls and then pane them by rolling each ball into the flour, then the egg wash, then into the panko breadcrumbs. When fully covered, place into the fridge to firm up until needed.
7. Slice the apple into three circle slices and remove the core with a food ring, place into a preheated 175°C oven to gently heat through.
8. Heat up a little oil in a nonstick frying pan until hot but not smoking, and place the seasoned pork fillets in and sear, turning over to evenly brown. Then brush the pork with a generous amount of the sauce and place into the preheated oven with the apple for 8 – 10 mins until cooked. Remove and lightly cover with tin foil and allow the pork to rest for 5 minutes.
9. Whilst the pork is resting, wash the Pak choi and prep by slicing any bigger leaves into half lengthways. Slice the garlic and chili into small dice.
10. Add oil into your wok and add garlic and chilli to flavor the oil but don't allow it to burn. After 30 seconds or so, add the Pak choi and cook at a high temperature until softened but keeping some bite.
11. Cook your croquette in a preheated 175°C fryer until golden brown. Gently heat up your carrot purée and sauce.
12. Slice the pork fillet into 3 to 4 pieces and place on the plate next to a spoonful of the purée and some Pak choi. Place the apple ring on the plate and sit the croquette on top. Pour some of the sauce on to the pork and then drizzle some around the plate and finish by garnishing with the micro herbs.

### **Sweet chili roasted pineapple with coconut ice cream and spiced rum caramel sauce**

#### **Ingredients for 4 portions**

- 150ml double cream
- 75ml coconut milk
- ½ tsp vanilla essence
- 3 tbsp desiccated coconut
- 60g caster sugar (for the ice cream)
- 2 egg yolk (for the ice cream)
- 1 egg white (for the tuille)
- 35g plain flour
- 25g caster sugar (for tuille)
- 2.5g kaffir lime powder
- 70g caster sugar (for the caramel sauce)
- 15g unsalted butter
- 45ml Double cream
- 1 tbsp spiced rum
- 1 pineapple
- 70ml Knorr professional blue dragon sweet chilli sauce

2g micro coriander

### Method

1. Add double cream and coconut milk to a medium sized saucepan, with the vanilla essence and desiccated coconut and allow to gently simmer until just before it boils.
2. Mix the caster sugar and egg yolk together until pale and smooth and slowly add the warm cream and coconut mixture into the sugar and egg yolk mixture, continuously whisking and then place the mixture back into the pan and slowly heat up, whilst stirring, until the mixture coats the back of a spoon.
3. Remove the ice cream mixture and transfer to the ice cream machine and churn for 50 minutes. Then transfer the ice cream into a plastic tub and place in the freezer until it is time to serve.
4. To make the kaffir lime tuille preheat the oven to 160°C and in a bowl whisk together the egg whites, flour and caster sugar and kaffir lime powder until it is all combined. Then place a silicone baking leaf mold on a flat tray and spread a little of the tuille mix on each leaf mold and spread out evenly using a mini offset spatula removing any excess mixture. Place the molds in the oven and bake for 6-8 minutes until golden brown and then leave for a minute before removing the tuilles using chefs' fine tweezers.
5. In a saucepan add caster sugar and cook out over a low to medium heat until it has melted and turned a deep caramel colour. Then remove from the heat and add the butter a little at a time whilst whisking until it is combined. Then slowly add the cream and whisk until it is combined, allow to cool for a minute and then add the spiced rum and whisk it in.
6. To prepare the pineapple remove the top and bottom and remove all of the skin and then cut into 4 quarters lengthways, then remove the core from each of the quarters.
7. To cook the pineapple, preheat oven to 180°C and place the pineapple quarters into a tray and generously brush them with the sweet chilli sauce and cook in the oven for 25 minutes until soft and tender.
8. To plate up place the pineapple on the left-hand side of the plate with a scoop of the coconut ice cream to the side and place the tuille on top of the ice cream, drizzle the rum caramel sauce around the outside and garnish with micro coriander.