



PORK LOIN CUTLET WITH SAUTEED PERSIMMONS, BARLEY RISOTTO AND PERSIMMONS WITH MINTED BROWN SUGAR

INGREDIENTS

Pork Loin Cutlet
 1 cup flour
 2 tbs vegetable oil
 1, 2 lb pork loin, sliced
 ¼ inch thick and
 pounded between
 plastic wrap
 1 tbs fennel seed,
 toasted and ground in
 a mortar and pestle
 2 tbs butter
 salt
 pepper

Barley Risotto
 1 tbs olive oil
 1 bunch green onions,
 whites minced, greens
 thinly sliced and
 reserved for garnish
 1 ½ cups pearl barley
 1 bay leaf
 ½ cup white wine
 5 cups chicken stock,
 heated
 3 tbs soy sauce
 ½ cup Parmesan,
 grated
 1 tbs lemon zest,
 finely chopped
 salt
 pepper

Persimmons with
 Minted brown Sugar
 4 ripe persimmons,
 tops removed, peeled
 and diced
 ¼ cup brown sugar
 1 tbs lime zest
 ¼ cup mint, torn by
 hand
 pinch of salt

Sautéed Persimmon
 1 tbs butter
 1 sprig of rosemary
 2 firm persimmons,
 tops removed and
 sliced into wedges ¼
 inch thick
 1 red finger chili, sliced
 thinly on a bias
 ½ tsp sesame oil
 salt
 pepper

DIRECTIONS

Pork Loin Cutlet

1. Place flour on a large plate.
2. Heat oil in a sauté pan over medium to high heat, season pork with salt, pepper and fennel seeds.
3. Coat cutlets with flour, place 2 in pan (or as many that can fit) and add butter.
4. Once cutlets are golden brown on one side, approximately 2 minutes, turn over and sear on other side then remove from heat.
5. Repeat with remaining cutlets and set aside until assembly.

Sautéed Persimmon

1. Heat butter and rosemary in a sauté pan over medium heat.
2. Once butter has melted, place persimmons in pan, sauté until golden brown.
3. Add chili, sesame oil and season with salt and pepper. Toss, remove from heat and set aside until assembly.

Barley Risotto

1. Heat oil in a large high sided sauté pan over medium heat.
2. Add whites of green onions and cook until tender and translucent.
3. Add barley and bay leaf, stir to coat ingredients in oil.
4. Add white wine, allow to reduce, add ½ of chicken stock and soy sauce, stir.
5. Once barley has absorbed liquid, add remaining stock and stir. Once liquid is absorbed and barley is creamy and thick in texture, remove from heat.
6. Add Parmesan, lemon zest, season with salt and pepper, stir and set aside.
7. Garnish with sliced green onion before serving.

Assembly

1. Spoon Barley Risotto on centre of serving plate.
2. Place 1 large or 2 smaller pieces of Pork Loin Cutlet over Barley Risotto.
3. Spoon Sautéed Persimmons over Pork Loin Cutlet and enjoy.

Persimmons with Minted Brown Sugar

1. Place diced persimmons in a bowl.
2. Add remaining ingredients, toss and serve.