

# Southern Winner

Tommy's medley of  
Hampshire pork

**SERVES 2**



## PORK

200g Newlyn's Farm pork fillet  
1 Newlyn's Farm pork beer and  
watercress sausage  
50g pork liver

## SEASONAL VEGETABLES

1 potato  
40g butternut squash  
8 Hampshire asparagus spears  
Handful of local broad beans  
Apple juice  
100ml fresh pork/chicken stock



Tommy with his winning dish

## PORK

1. Cut the pork fillet lengthways into 4 even sized pieces. Wrap each one tightly in cling film
2. Place wrapped pork into boiling water, turn heat down and cook for 5-6 minutes
3. Remove the skin from the sausage and cut the sausage into 6 small pieces. Roll up to form neat meat balls
4. Dust the liver in seasoned flour.
5. Unwrap pork loin retaining any juices
6. Caramelize cooked pork in hot olive oil and butter
7. Fry meat ball until golden brown on each side
8. Flash fry liver
9. Place all components onto a clean tray and reheat in a hot oven

## SEASONAL VEGETABLES

1. Cut squash, leave skin on, season and roast in a hot oven
2. Trim the potato and place in a small dish with chicken stock, brush with butter and braise for 20 minutes
3. Peel asparagus, trim and blanch in boiling water for 2 minutes, plunge into cold water
4. Pod and skin broad beans and cook in boiling water for few mins
5. Remove the squash from the skin and push through a fine sieve, season with salt and pepper
6. Reduce 60ml apple juice by half to thicken
7. Remove cooked potato from the oven

Assemble the medley of pork with the garnish and hot vegetables. Serve on a hot plate.



Hampshire asparagus

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