

Discovery Bay Rum Pork

I may not be a fan of the irascible Mr. G. Ramsay as a person but I know he's one of the most accomplished, classically trained chefs on TV. This is my take on a recipe we had, apparently from *The F Word*, while visiting friends near Ipswich - and very good it was, too. The Scotch bonnet pepper proved impossible to purchase so it remains to be seen how hot that might make it. It is used whole and removed so may not be too fierce, I suspect. One day we'll find out.

Planning

serves:	4
prep time:	overnight
cooking time:	1¼ hrs

Ingredients

400g middle of pork loin
2 sprigs fresh thyme, picked
1 garlic clove, chopped
1 tsp black pepper
1 sprig rosemary, picked
2 tbs dark rum
300ml brown chicken stock
5 tbs dark soy sauce
75ml tomato ketchup
1 medium onion, finely diced
black pepper to taste
2 tbs dark rum
2 garlic cloves, chopped
½ red pepper, finely diced
½ yellow pepper, finely diced
½ green pepper, finely diced
3 sprigs fresh thyme, picked
1 Scotch bonnet pepper,
whole (remove before
serving)
double cream to taste

Method

Slice the pork loin into ½ inch medallions. Combine the 2 sprigs thyme, 1 garlic clove, 1 tsp black pepper, 1 sprig rosemary and 2 tbs dark rum to make a marinade and rub it all over the pork medallions. Place this in the fridge to marinate for a minimum of 30 minutes, overnight if possible.

Make the sauce. Pour the stock into a saucepan and add the remaining ingredients except the cream. Simmer over medium heat for 50 minutes or until reduced by half. Remove the lethal Scotch bonnet pepper and check the seasoning.

Brush the excess marinade from the pork so it doesn't burn. Add 3 tsp vegetable oil to a hot pan and fry the medallions until golden on each side. Remove from the pan and set aside in a warm place to rest.

Add the sealed pork medallions and their accumulated juices to the sauce. Simmer on a gentle heat for 2 minutes. Add a little cream to the sauce for richness and to lighten the colour. Taste and adjust the seasoning if needed.

This goes well with sweet potato (cut to match the pork medallions, blanched for 8 minutes then fried golden in the pan used for the pork). The other suggested vegetable accompaniment is a mixture of finely sliced white cabbage, julienned carrots and trimmed fine beans, steamed with a little water, butter and West Indian hot pepper sauce. Take care with the hot pepper sauce.