

# Pork

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# Sous Vide Honey Garlic Pork Chops



## Ingredients

- 2 1-inch thick pork chops
- 3 heaped tbsp ketchup
- 2 1/2 tbsp honey
- 2 tbsp soy sauce
- 3 cloves minced garlic
- 2 tbsp butter for browning

## Method

### PREPARATION

1. Make cuts every 1/2-inch along the pork chops' fat strip to prevent curling during searing.
2. Mince or press garlic into small pieces.
3. Combine ketchup, honey, soy sauce, and garlic in a large bowl.
4. Incorporate until a syrupy glaze forms.
5. Using a marinade brush or the back of a spoon apply the honey garlic sauce to the pork chops.
6. Retain 1/4 cup of the honey garlic sauce.
7. Place pork chops and any remaining sauce in a vacuum sealable bag, seal until airtight.

8. Refrigerate for at least one hour, but up to overnight.

## COOKING

1. Heat water bath to 63C
2. Place vacuum sealed pork chops in a water bath for 1 1/2 hours.
3. When done, carefully remove from water bath and discard cooking liquid.
4. Pat as dry as possible using paper towel.

## SEARING

1. Heat 2 tbsp of butter in a cast iron or non-stick pan.
2. When ripping hot lay pork chops away from you into the pan. Make sure you have your kitchen exhaust fan turned on!
3. Cook for 30-seconds to 1-minute per side. When flipping, quickly apply the glaze we retained earlier to help finish and color the chop.
4. After flipping and glazing both sides use a pair of tongs to sear the fat strip along the pork chops' sides.
5. Remove from pan and let rest for 3-5 minutes then serve.

## Notes

- Source: [Recipe: Sous Vide Honey Garlic Pork Chops - Sous Vide Guy](#)

# Baked Gnocchi With Crispy Ham Hock & Peas



## Ingredients

- 500g gnocchi
- 400g frozen peas
- 300g crème fraîche
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sea salt flakes (optional)
- Freshly ground black pepper
- 180g shredded free-range ham hock
- 1/2 lemon, juice only
- A handful of flat-leaf parsley leaves, finely chopped

## Method

1. Preheat the oven to 180C fan/200C/gas 6.
2. Put the gnocchi into a large bowl and pour over a kettleful of boiling water.
3. Let it stand for 2 minutes, then drain well and tip the gnocchi into a roasting tin along with the peas, crème fraiche, mustard, salt (if using) and freshly ground black pepper.
4. Mix everything well in the tin, then scatter the shredded ham hock evenly all over.
5. Grind over a little more black pepper, then transfer to the oven and bake for 25 minutes, until the ham is nicely crisped.
6. Squeeze over the lemon juice, scatter over the flat-leaf parsley and serve hot.

## Notes

- We prefer to use smoked bacon bits instead of ham hock.
- Goes well with some spicy cracked chili as well, mixed in to the crème fraiche mixture.

# Summer Sausage Traybake With Long-stem Broccoli & Cherry Tomatoes



## Ingredients

- 250g Tender stem broccoli
- 500g courgettes, cut into 1/2cm slices
- 300g cherry tomatoes on the vine
- 1 red onion, finely sliced
- 1 1/2 tablespoons olive oil
- 2 cloves of garlic, crushed
- 2-3 sprigs of fresh rosemary
- 1 teaspoon sea salt flakes (optional)
- 1 teaspoon chili flakes (optional: leave out for children)

- 8-12 free-range chipolata sausages

## To Serve

- 1 lemon, juice only

## Method

1. Preheat the oven to 210C fan/230C/gas 8.
2. Put the broccoli into a large bowl, pour over a kettleful of boiling water, leave to stand for 1 minute, then drain well. (If using ordinary broccoli, skip this step.)
3. Tip everything into a roasting tin large enough to hold it all in a single layer, and mix well.
4. Make sure the sausages are on top, then transfer to the oven and bake for 30 minutes.
5. If your oven heats unevenly, turn the roasting tin after about 20 minutes so the sausages brown evenly.
6. Squeeze a little lemon juice and sea salt over the vegetables to taste and serve hot.

# Fried Rice



# Ingredients

- 400gr white rice
- 700ml beef stock OR chicken stock
- 4 tbsp peanut oil
- 1 large brown onion
- 4 cloves garlic
- Handful chopped nuts
- 2 eggs
- 1 cup (150-200gr) frozen vegies (corn carrot peas capsicum)
- 200gr bacon bits
- 1 tbsp fish sauce
- 1 tbsp soy sauce

# Method

1. Put stock in slow cooker set to HIGH.
2. Heat raw rice and oil in hot saucepan until rice gets golden brown constantly stirring ( 3 mins)
3. Add the veggies and 2 eggs stir for 1 min , then add to slow cooker and mix in with stock.
4. Cook bacon in fry pan until crispy add to slow cooker
5. Cook onion in fry pan until golden add the garlic, chopped up almonds, soy sauce, fish sauce and anything else you wish to add flavour then add it to slow cooker.
6. Cook on high for 1.5 hours [WITH A TEATOWEL](#)
7. Note by Slow Cooker Central: Original recipe stated 2 cups of stock but consistent feedback was it was a better outcome with 3 cups of stock so we have updated recipe accordingly

# Notes

- [Source](#)