

SHOW 516

**PORC ROTI AUX BANANES
ROAST PORK WITH BANANAS**

**SALADE DE CHOU ET CAROTTES A L'ORIGAN
CABBAGE AND CARROT WITH OREGANO SALAD**

**TARTE AU GOLDEN SYRUP
CORN SYRUP PIE**

Pork and fruit have an affinity and are paired in many recipes. We have prepared pork with prunes, apricots, oranges and peaches on previous shows and today we prepare pork with bananas. Tender boneless pork roast is braised in a liquid of wine and orange juice seasoned with cinnamon, ginger and nutmeg. The bananas are then heated in the reduced and thickened pan juices until warm and accompany the sliced roast on a serving platter with the orange flavored sauce poured over.

Shredded cabbage and carrots are marinated in a garlic, oregano and anise flavored vinaigrette for a clean and crunchy counterpoint to the pork and bananas.

For a finale we prepare a Corn Syrup Pie. A basic pie dough in a tart pan is filled with a mixture of syrup, cream, eggs, lemon juice, almond powder and bread crumbs. Baked until browned, it becomes a delicious dessert.

SALADE DE CHOU ET CAROTTES A L'ORIGAN

CABBAGE AND CARROT WITH OREGANO SALAD

2 cloves	Garlic, crushed
½ tsp	Oregano
½ tsp	Anise seed
¼ cup	Vinegar
	Salt and pepetr
½ cup	Olive oil
1 medium	Cabbage, shredded
6 large	Carrots, shredded

- Bend together the garlic, oregano, anise seed, vinegar, salt and pepper.
- Whisk in the olive oil.
- Add the cabbage and carrots.
- Mix well.



PORC ROTI AUX BANANES

ROAST PORK WITH BANANAS

2 tbs	Butter
3 lbs	Boneless pork roast, rolled and tied
8	Shallots, chopped
3 tbs	Peanut oil
2 cups	White wine
½ tsp	Cinnamon
½ tsp	Ginger
½ tsp	Nutmeg
4	Oranges, juiced
	Zest of above oranges cut into thin strips
2 cups	Water
4 tbs	Sugar
6	Bananas, cut into thirds

- Brown the pork roast in the butter on all sides.
- Add the shallots and peanut oil.
- Cook about fifteen minutes, turning often.
- Add the wine, cinnamon, ginger, nutmeg and orange juice.
- Cover and simmer about one hour.
- Bring water and sugar to a boil and cook until a syrup forms.
- Add the orange zest and cook five to six minutes.
- Remove the zest and reserve.
- Remove the roast from the cooking pot.
- Cover with foil and keep warm in a 250 degree oven.
- Reduce the cooking liquids until thickened.
- Add the bananas and the orange zest.
- Simmer a few minutes until bananas are warm.
- Slice the roast and arrange on a serving platter.
- Surround with the bananas.
- Pour sauce with orange zest over the pork slices.

TARTE AU GOLDEN SYRUP

CORN SYRUP PIE

1 recipe	Pie dough
1½ cups	Corn syrup, (light)
1 cup	Cream
1 large	Egg
	Zest and juice of 1 lemon
⅓ cup	Almonds, powdered
¾ cup	Bread crumbs

- Roll dough, line tart mold with pie dough and chill.
- Reserve scraps of dough.
- Whisk together the syrup, cream and egg.
- Incorporate the lemon zest and juice, almond powder and bread crumbs.
- Pour mixture into the tart shell.
- Cut strips of the pastry scraps.
- Crisscross strips over the pie.
- Bake at 400 degrees for thirty minutes.

