

Iberico Pork sous vide with cauliflower risotto

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Ingredients

Iberico Pork (Sous Vide):

2 Iberico loins à 300 g (35 mm thick)
1 small piece of fresh ginger
3 Juniper berries
2-3 tbsp rape seed oil
1/2 tbsp cumin seeds
400 ml wheat beer
Freshly ground pepper
1/2 tbsp tarragon
1/2 tsp cornflour to bind

Cauliflower risotto:

400 g cauliflower (corresponds to a half a head)
1 tbsp oil
1 clove of garlic, finely chopped
50 g Cheddar cheese, chopped
60 g Mozzarella
75 ml milk
2 tsps chopped chives
1 pinch of salt
1 pinch of pepper

Preparation

Iberico Pork (Sous Vide):

Finely dice the ginger and crush the juniper berries with the pestle and mortar. Heat the oil in a hot pan. Sauté the cumin seed, ginger and juniper berries on a low heat. Douse with wheat beer. Add the tarragon and take the pot off the stove. Salt the beer stock and leave to cool for approx. 30 minutes. Then strain the stock through a colander. Vacuum seal the Iberico loins and cook the Sous Vide for 45 minutes at 60 °C in the **fusionchef** water bath.

Remove the bag from the water bath, place the juices in a pot through a sieve and reduce by half for 15 minutes.
When the risotto is ready, season the boiled down juices with salt and pepper.

Mix the cornflour in a little water and stir in the boiling juices, bring to the boil. Sauté the pork loins for 30 seconds on each side in a hot pan in order to produce roasting aromas.

Cauliflower risotto:

Break the cauliflower into florets and crush them in a blender to the consistency of rice. Pour the oil into a hot pan and sauté the cauliflower rice for a few minutes at high heat. Stir occasionally until the cauliflower is light brown. Add the garlic and cool for another minute.

Reduce the heat and add the Cheddar cheese, Mozzarella, milk and half of the chives. Stir well until the cheese is melted.
Place the risotto onto a plate with the Iberico pork and garnish with the remaining chives.

This recipe was kindly provided by Jens Glatz.