

Roast Pork & Braised Endive

with Green Apple & Endive Salad

Braising—a cooking method in which an ingredient is first seared at a high temperature, then stewed in a flavorful liquid—produces exceptionally delicious results. Here, we're using it to achieve meltingly tender texture in the endive we're serving with our hearty pork roast. We're braising the endive in the same pan used to sear the pork. This allows the vegetable to adopt the robust, savory flavors of the meat. A crisp apple, mint and raw endive side salad and a garnish of aromatic fennel pollen complete this well-balanced feast.



Ingredients

- 1 Pork Roast
- 2 Yellow Endives
- 1 Granny Smith Apple
- 1 Lemon
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Pork Demi-Glace
- 2 Tablespoons Crème Fraîche
- 1 Shallot
- 1 Tablespoon Whole Grain Dijon Mustard
- 1/8 Teaspoon Fennel Pollen

Makes 2 Servings

About 675 Calories Per Serving

Prep Time: 15 min | Cook Time: 30 to 40 min



1



Sear & roast the pork:

Preheat the oven to 400°F. Pat the **pork** dry with paper towels; season with salt and pepper on all sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned pork and cook, turning occasionally, 6 to 8 minutes, or until browned on all sides. Transfer to a foil-lined sheet pan, leaving any browned bits (or fond) in the pan on the stove. Roast the seared pork 10 to 12 minutes, or until cooked through. (An instant-read thermometer should register 145°F.) Remove from the oven.

2



Prepare the ingredients:

While the pork roasts, wash and dry the fresh produce. Cut 1 of the endives in half lengthwise. Cut off and discard the root end of the remaining endive; cut in half on an angle and separate the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Core the apple and cut into matchsticks; toss with **the juice of 1 lemon wedge**. Pick the mint leaves off the stems; discard the stems. Peel and mince the shallot; place in a bowl with **the juice of the remaining lemon wedges**.

3



Start the endive:

Add 2 teaspoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **halved endive**, cut sides down; season with salt and pepper. Cook 1 to 3 minutes, or until browned. Flip and add **1 cup of water**; season with salt and pepper. Cook, loosely covering the pan with aluminum foil, 8 to 10 minutes, or until very tender and most of the liquid has evaporated.

4



Finish the endive & pork:

To the pan of endive, add the **roasted pork, crème fraîche, lemon zest, demi-glace, half the mustard** and **¼ cup of water**; season with salt and pepper and stir to combine. Cook, occasionally spooning the sauce over the pork and endive, 3 to 4 minutes, or until the sauce has thickened. Remove from heat. Transfer the finished pork to a cutting board and let rest for at least 5 minutes, leaving the finished endive and sauce in the pan.

5



Make the vinaigrette:

While the endive and pork cook, add the **remaining mustard** to the **shallot-lemon juice mixture**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until thoroughly combined.

6



Make the salad & plate your dish:

In a bowl, combine the **apple, raw endive leaves, mint** and enough of the **vinaigrette** to coat the salad (you may have extra vinaigrette). Toss to combine; season with salt and pepper to taste. Find the lines of muscle (or grain) of the **rested pork**; thinly slice crosswise against the grain. Divide the **finished endive and sauce, sliced pork** and **salad** between 2 plates. Garnish with the **fennel pollen**. Enjoy!