

Spiced pork loin medallions with pumpkin ratatouille on creamy polenta

by Chef Jason Ford

2 tbsp	olive oil
1	clove garlic, crushed
1	small onion, finely diced
½	eggplant, 1cm dice
1/2	zucchini, 1cm dice
½ cup	butternut pumpkin, 1 cm dice
1	tomato, 1cm dice
4	sprigs basil leaves, torn
	salt and pepper
6	small pork loin medallions
1 tsp	cumin, ground
1 tsp	coriander, ground
1	garlic clove, crushed
1 tbsp	olive oil
1 cup	milk
¼ cup	polenta
1 tbsp	butter
3 tbsp	parmesan, grated
	salt and pepper

Ratatouille method

1. In a deep fry pan, heat the olive oil.
2. Add the onions and garlic and cook until soft and tender.
3. Add the eggplant, zucchini, pumpkin and tomato, cook on a gentle heat until vegetables soften.
4. Stir through fresh basil and season to taste.

Goat method

1. Combine olive oil, cumin, ground coriander, and garlic.
2. Rub mixture into pork.
3. Heat a grill or frying pan to medium-high heat, and cook pork for approximately 2-3 minutes each side, until fully cooked
4. Allow to rest on a warm plate covered with alfoil.

Polenta method

1. Bring milk to boil in a saucepan.
2. Gradually sprinkle polenta into simmering milk while whisking.
3. When the mixture has thickened to a smooth consistency, add butter, grated parmesan and season with salt and white pepper.
4. Stir until all the ingredients are combined

To present

1. Spoon polenta on plate.
2. Top with a serve of ratatouille
3. Arrange pork on top.

Serves approx. 2 people