



Nautilus
ESTATE of MARLBOROUGH



NZ FREE RANGE POACHED PORK WITH GRANNY SMITH APPLE, PIKOPIKO AND ROAST ONION

6 Pico Pikopiko Fronds
3 Med sized red onions, sliced in half
1 Granny Smith Apply, peeled and quartered
700g Free Range pork Loin
2L Chicken orVegetable stock
2 teaspoons salt
1/2 teaspoon ground pepper
1 bay leaf,
Pinch of ground allspice
2 onions, chopped
4 garlic cloves, chopped
1 cup Marlborough dry white wine
Grapeseed oil

Leaving the skin on the red onions, place face down on a roasting tray, season and sprinkle with a dosh of Grapeseed oil, bake in the oven 160 degrees, 40 mins or until soft and tender. Allow to cool slightly and then remove the skin. Bring the Chicken or vegetable stock to the simmer, add the onions, garlic, wine, all spice, bay leaf and salt and pepper, place the pork loin into the broth and bring back to the simmer for approx 30 mins or until internal temperature of 70 degrees C. Remove from liquid and allow to rest for 15 mins. Pan sear the apple in a hot non stick pan and serve with steamed Pikopiko and roasted onion

