



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf has found easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

PORK STEAK WITH PEPPERCORN SAUCE -

Serves 4

For 2cm thick steaks use the 6-2-2 method:

1. Simply take a 2cm pork steak (try the sirloin, scotch fillet, porterhouse or medallion).
2. Preheat a pan, griddle pan or BBQ plate just like you would for any other steak
3. Cook it on one side without turning for 6 minutes.
4. Turn it over once and allow it to cook for 2 more minutes. This method will cook the steak to just white. If you prefer a little bit of pink just reduce the cooking time. If your steak is thicker than 2cm, adjust the cooking time on the second side.
5. Take the steak straight out of the pan without flipping over and place on a plate to rest for two minutes. That allows the juices to settle and it will be lovely and tender.

Remember!

- Pork doesn't need to be overcooked to be safe. In fact, pork can be eaten with a hint of pink in the middle (with the exception of mince and sausages).
- Like all meat, pork continues to cook after removal from heat. For best results, let your dish rest uncovered for 1-2 minutes in a warm environment prior to serving (except for sausages and mince).
- Always cut meat across the grain to keep tender.
- Avoid frequent prodding of the meat while cooking.

PEPPERCORN SAUCE:

Ingredients (check list):

- 1 tblsp Whole Black Peppercorns, *crushed*
- 1 cup / 250ml Double Cream, *at room temp*
- 1/2 cup / 125ml Beef Stock
- 2 small Shallots, *finely diced*
- 1 clove Garlic, *finely diced*
- 1 tblsp Butter
- 1 tsp Worcestershire Sauce
- Salt, *to taste*

Instructions:

1. If you're pan grilling etc leave the juices in the pan. This will add a huge amount of flavour to the peppercorn sauce.
2. Melt your butter over medium heat and deglaze the pan if necessary. Fry your shallots until fragrant and translucent. (2-3 minutes)
3. Add in your garlic and peppercorns and fry for a minute or so until the garlic just begins to brown.
4. Pour in your Worcestershire sauce and beef stock, then stir in your cream.
5. Add salt to taste.
6. Reduce to a simmer until the sauce thickens enough to coat the back of a spoon. (8-10 minutes). It will thicken, just keep simmering.



Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.