



## Maple-Glazed Rack of Pork with Braised Fennel

Main Course, Serves 8

### Pork:

45 ml/3 tbsp. Dijon mustard  
90 ml/6 tbsp. maple syrup  
8 piece bone-in rack of pork  
Salt and freshly ground pepper to taste  
60 ml/4 tbsp. vegetable oil

### Braised Fennel:

45 ml/3 tbsp. vegetable oil  
4 bulbs fennel, cut into wedges  
1/4 onion, sliced  
4 g/1 tsp. chopped garlic  
120 ml/1/2 cup white wine  
710 ml/3 cups vegetable or chicken stock  
235 ml/1 cup brown beef stock  
Salt and freshly ground pepper to taste

### For the Pork:

- Preheat the oven to 175 degrees C/350 degrees F. In a small bowl, mix together the Dijon mustard and maple syrup.
- Season the pork with salt and pepper. In a large sauté pan, heat the oil over medium-high heat. Sear the pork on both sides until golden brown, 2 to 3 minutes per side. Brush the pork with some of the maple mixture, and place in a roasting pan in the preheated oven. Roast the pork until it reaches 70 degrees C/155 degrees F on an instant-read thermometer, about 45 minutes, basting occasionally with the remaining maple mixture. Remove from the; and allow the roast to rest for 10 to 15 minutes before carving.

### For the Braised Fennel:

- In a deep sauté pan, heat the vegetable oil over medium heat. Sear the fennel on both sides until golden brown. Add the onions and sauté with the fennel for 1 minute. Add the garlic. Pour in the wine and cook, scraping the bottom of the pan, until almost all the liquid has evaporated. Add the vegetable and beef stock, and bring to a boil. Lower the heat to simmer, and season with salt and pepper. Simmer, uncovered, until the fennel is very tender and the stock is reduced, 30 to 45 minutes. Taste and adjust seasoning if necessary.

### To Serve:

- Chop the fennel finely and, using two spoons, form the chopped fennel into quenelle shapes. Place a pork chop on each of 8 serving plates and place a quenelle next to the pork. The liquid the fennel cooked in may be used as a sauce for the dish; after removing the fennel, reduce it until syrupy if necessary.

## Dark Chocolate Bread Pudding

Dessert, Serves 8

12 large eggs  
1 litre/4 cups heavy cream  
300 g/1 1/4 cups granulated sugar  
10 ml/2 tsp. vanilla extract  
60 ml/1/4 cup chocolate sauce or syrup,  
plus more for garnish  
135 g/3 cups cubed whole-wheat bread  
Optional garnishes: cape gooseberries,  
sliced strawberries

- Preheat the oven to 175 degrees C/350 degrees F.
- In a mixing bowl, whisk the eggs until smooth. Add the cream, sugar, vanilla and chocolate sauce. Mix until smooth.
- Grease the insides of 8 10-centimetre/4-inch round moulds with nonstick cooking spray. Fill the moulds to the top with the cubed bread. Pour the liquid mixture into the moulds slowly to fill to the top.
- Bake in the preheated oven until the middle of the pudding is firm and not runny, 15 to 18 minutes.
- Garnish with additional chocolate sauce, cape gooseberries and sliced strawberries. Serve hot or cold.



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