



# Who Food

with Michelle Reedy

## PORK CUTLETS WITH APPLES AND FENNEL

■ Serves 4

### WHAT YOU NEED

- 150ml balsamic vinegar
- 600g kipfler potatoes
- Olive oil
- 1 bulb fennel, halved and cut into 1cm-thick slices
- 5 granny smith apples, cut into thick wedges
- 1 bunch sage, picked
- 4 x 200g pork cutlets, free-range

1 Pre-heat oven to 200°C. Place vinegar in a small saucepan and reduce by two-thirds on medium heat. Set aside.

2 Wash and halve potatoes. Place in cold water and bring to the boil. Simmer for 6-7 minutes, then drain.

3 Meanwhile, heat 1 tbsp olive oil in a heavy-based frypan and lightly sauté fennel. Remove from pan and put into a deep baking dish. Using the same pan, quickly fry potatoes in olive oil for a little colour; add to baking tray with apples and sage. Toss together with a splash of olive oil, salt and pepper, and roast in the oven for about 20-25 minutes.

4 Season pork with salt and pepper. Heat olive oil in an oven-proof frypan and seal pork for about 2 minutes each side. Place in oven and roast for 8-10 minutes. Remove pork, cover with foil and allow to rest for another 8 minutes before serving.

5 Serve pork cutlets with fennel, apples and potatoes, then drizzle with the balsamic reduction.

### DRINK ME!

#### YELLOW TAIL RESERVE SHIRAZ 2008

Some complain its success has made things tougher for smaller wine exporters, others praise its well-blended wines and bargain prices. Either way, Griffith's Yellow Tail is a home-grown phenomenon. The Reserve line is a notch up from the regular, and this shiraz is rich and ripe and has masses of smooth, dark-fruit flavours. Very drinkable. \$14.95



### DID YOU KNOW?

Free-range pork is available in most good butchers and some supermarkets. It offers tender and juicier meat that has better flavour. Free-range conditions are better for the animal, too.

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