Marinated Pork Medallions, Sweet Potato Wedges, Crunchy Cabbage and Fennel Coleslaw and Coconut Macaroons

Marinated Pork Medallions

Ingredients
- 4 tbsp. mango chutney
- 4 tbsp. soy sauce
- 1 tbsp. fresh root ginger
- 350 gm pork fillet, trimmed and cut into slices 1cm thick
- 1 tbsp. sunflower oil
- Salt and pepper

Method
1. Mix together the chutney, soy sauce and ginger in a bowl.
2. Add the sliced pork fillet and mix into the marinade. Set aside for 15 minutes.
3. Heat a large wide non-stick frying pan until hot then add the oil. Season the pork with salt and pepper. Put the pork into the pan. Fry for about 2 minutes on each side until golden and just cook through. Don’t overcrowd the pan – i.e. fry in batches. Transfer the pork to a serving plate and cover with foil.
4. Pour any remaining marinade from the bowl into the pan, deglaze with a splash of hot water and stir to make a dark, gingery jus.

This will serve 4 people.

Sweet Potato Wedges

Ingredients
- 2 large sweet potatoes
- 1 tbsp. olive oil
- Sea salt

Method
1. Peel and cut the sweet potatoes into wedges.
2. Place the wedges into a bowl of cold water. Leave for 20-30 minutes.
3. Drain the wedges and dry off in a tea towel or paper towel.
4. Place the wedges in a large, shallow baking dish, sprinkle the olive oil and sea salt so that they become coated. Try to make sure that the wedges are not too crowded otherwise they tend to steam rather than roast.
5. Place in a preheated oven (200˚C) for 30 minutes.
Crunchy Cabbage and Fennel Coleslaw (Serves 6)

Ingredients
- 2 fennel bulbs (trimmed)
- 1 small green cabbage (sweetheart cabbage) or an ordinary white cabbage, very finely shredded
- 2 spring onions, trimmed and sliced
- 100gm Greek style natural yoghurt
- 1 tbsp. grainy mustard
- Juice of 1 small lemon
- 2 tbsp. capers, rinsed and chopped
- 1 tsp. sugar (or to taste)
- Salt and black pepper

Method
1. Measure all the dressing ingredients into a large bowl, season with salt and pepper and whisk together until combined. Set aside.
2. Cut the fennel bulbs in half, cut out the core (not needed) and slice into fine strips, either horizontally or lengthways. Add to the bowl with the dressing. Tip in the cabbage and the spring onions, check for seasoning and all the vegetables are well coated with the dressing. You can use the feathery fronds from the top for garnishing.

Coconut Macaroons (Makes 26)

Ingredients
- 3 egg whites
- 175 gm icing sugar
- 175 gm ground almonds
- 175 gm desiccated coconut
- ½ tsp. almond extract
- Halved, blanched almonds or almond flakes
- Baking parchment

Method
1. Line 2 baking trays with baking parchment.
2. Whisk the egg whites until stiff but not dry.
3. Sift in the icing sugar and fold it in gently. Fold in the ground almonds, almond extract and desiccated coconut.
4. Put teaspoonfuls of the coconut mixture onto the baking trays. Top each with an almond half or flake.
5. Bake in a pre-heated oven at 150°C (gas mark 2) for about 25 minutes until golden brown and crisp on the outside and soft in the middle.
6. Leave to cool on a wire rack.