

Sat 5th - Sun 20th
September 2009



Warm Pork, Black Pudding and Pear Salad

A salad is not always the first thing you think of eating when there's an autumnal nip in the air, but this one should hit the spot as a light supper or even a substantial starter. If you like game, pheasant breast goes well with these ingredients too.

Serves 4

Ingredients

4 ripe pears
150ml (5fl.oz) pressed pear or apple juice
225g (8oz) lean Scottish pork, cut into thin strips
Salt and freshly ground black pepper
3 tbsp cold pressed rapeseed oil
15g (1/2oz) butter
4 slices good quality black pudding, cut into bite-sized pieces
2 tbsp raspberry vinegar
2 tsp local honey
A handful of salad leaves, washed
A handful of Scottish raspberries, thawed if frozen

Method

Peel and core the pears, and either cut in half or quarters depending on their size. Place in a saucepan and pour over the juice. Bring to the boil cover and simmer gently for 5-7 minutes, turning occasionally, until tender. Set aside. Wash and pat dry the pork, then season all over. Heat 1 tbsp oil with the butter until frothy and bubbling and stir fry the pork for 6-7 minutes until cooked through and lightly golden. Drain reserving the pan juices, and keep warm. Reheat the reserved pan juices until bubbling and stir fry the black pudding pieces 4-5 minutes until cooked through. Drain well and keep warm. Place the vinegar in a small screw top jar with the remaining oil, honey and about 4 tbsp of the pear cooking liquor. Season well, then seal and shake well to mix.

To serve

Put salad leaves on each serving plate and arrange pear slices on top. Top with pork and black pudding, spoon over the dressing and sprinkle with a few raspberries to serve whilst still warm.