

## PORK AND POTATO CROQUETTE

12 Croquettes (40g each before rolled)

(make this recipe 5x)

500g Potatoes, peeled and diced  
15ml Oil  
70g Onion, finely chopped  
300g Minced pork  
4ml Ground cumin  
4ml Ground coriander  
500ml Chicken stock  
2.5ml Freshly ground black pepper  
1 Egg, beaten  
230g Flour, to coat  
2 Eggs, beaten  
60g Breadcrumbs  
Enough oil for deep frying

1. Boil potatoes until cooked, about 10-15 minutes; drain and mash.
2. Heated oil in a frying pan over medium heat, then fry onions until they soften and brown. Add minced pork, 1 chicken stock cube and some freshly ground black pepper. Stir until completely cooked, turn off the heat and allow to cool.
3. Add minced pork and onion mixture to mashed potato, and stir well. Add one beaten egg (the potato mixture will be hot enough to cook it, so stir in quickly).
4. If cool enough to handle, scoop the mixture up in spoonfuls and roll into 12 croquette balls. Coat each one in flour, then beaten egg, then breadcrumbs.
5. Heat oil in a deep fat fryer or heavy saucepan until it reaches a temperature of 180 degrees C.
6. Fry the croquettes in hot oil (in batches) until golden brown and crispy. Drain on kitchen paper and serve hot.

## BRAISED RED CABBAGE

(10g per portion cooked)

(make this recipe 2.5x)

380g	(1 small) red cabbage	150ml	Red wine
55g	(1) red onion, sliced	30g	Butter
70g	Soft brown sugar	1 small	Cinnamon stick
70ml	Rice vinegar		

1. Slice cabbage thinly.
2. Put everything in pot and let cook slowly until tender

## PORK CRACKLING

Use Pork fat and skin from Group 3

Score the fat criss-cross ways and rub fine salt into it. Start rendering fat from skin over a very low heat in a frying pan. Weigh down. Once most of the fat is rendered from fat side, turn over to skin side to start crackling.