

CREAMY HERBED POLENTA

(12 squares 5x5cm)

(Make this recipe 7.5x)

****NB take white wine box with and sugar

750ml	Chicken stock
250ml	Mieliemeel
5ml	Salt
1,25ml	Freshly ground pepper
15ml	Butter
15ml	Oil
1(47g)	Onion, finely chopped
1 big	Garlic clove, minced (4g paste)
30ml	Coarsely chopped fresh flat-leaf parsley
15ml	Minced fresh oregano
15ml	Minced fresh thyme
125ml	Grated Parmesan cheese

Stir together the stock, polenta, 1 tsp. salt, and several grinds of pepper. Cover and cook on the low setting for 3 to 3 1/2 hours, stirring two or three times if possible. The liquid should be absorbed and the polenta should be thick and soft and no longer gritty.

About 10 minutes before the polenta is ready, in a large, heavy saucepan over medium-high heat, melt the butter with the oil. Add the shallot and cook, stirring frequently. Stir in the garlic and parsley, season with salt and pepper, and cook for 1 minute more.

About 5 minutes before the polenta is ready, stir in the oregano and thyme, Parmesan then re-cover. Spoon into shallow pan and cut squares out.

HONEY MUSTARD PORK FILLET

30g cooked slices per portion

(make this recipe x8)

354g	Pork tenderloin
35ml	Honey
35ml	Wholegrain mustard
30ml	Soy sauce
15ml	Minced garlic
2.5ml	Rosemary, minced
1.25ml	Leaves from 2 sprigs fresh thyme, minced
2.5ml	Salt
1.25ml	Pepper

1. Keep fillet whole
2. Mix everything for marinade en let fillet rest in it.
3. Sprinkle fillet with more salt, and then fry on open fire and baste regularly until cooked.

APPLE AND SAGE COMPOTE
(10g cooked compote per portion)

(Make this recipe 2x)

4(553g) Granny Smith Apples, peeled and chopped
15 small Sage leaves, thinly sliced
400ml Chicken Stock
15ml Whole grain mustard
1.25ml Salt and pepper
White wine
Sugar

Put everything in pot en let braise until apples are soft.

Once tender, add a splash of white wine and sugar to caramelize a bit.