

Food and drink: Lewis Peck from The Last Wine Bar in Norwich offers a delicious dish which uses that classic combination of flavours: pork and cider

A combination of winning flavours

Finding flavour combinations which provide the perfect match is the Holy Grail for chefs, and throughout the years many have tried more and more outlandish pairings in an attempt to come up with the next 'big thing'.

Fashions such as nouvelle cuisine and fusion food have come and gone as a result.

But there is a reason why the 'classic' combinations have lasted – they are the tried and tested, the ones which just work. Sometimes it's good just to go back to those perfect matches and simply try to cook them as well as possible.

Today I'm taking just such a combination. Pork and cider truly is a match made in heaven – the apple acidity cuts through the pork fattiness, and when you add salty Parma ham to really bring out the flavour of a good quality pork tenderloin, you will wonder why we even bother trying to find new variations.

I have matched this with creamy Dauphinoise potatoes, surely the most luxurious potato dish, and one which I think makes a meal all on its own. Some recipes call for cheese to be added; I don't think this is necessary, as the cream cooks it creates enough richness and flavour.

Pork tenderloin wrapped in Parma ham, with a cauliflower puree and Dauphinoise potatoes, and a cider jus

(Serves four)

For the pork

2 pork tenderloin fillets - ask your butcher to trim them and split them to make four portions
8 pieces of Parma ham
8-10 sage leaves
1 tsp English mustard
2 tsp water

Chop the sage finely, and combine it with the mustard and the water. Place one piece of ham on the surface and put a second alongside, slightly overlapping. Using a pastry brush, brush both gently with your mustard mix.

Place a fillet on the top of this, and roll the pork and ham towards you so you encase the fillet. I find wrapping this parcel in clingfilm and placing it in the fridge to rest gives you the best result.

Repeat with remaining pork fillets.

Pan fry the pork (having removed the clingfilm!) to seal it, and then roast in a pre-heated oven at 180°C for 10-12 minutes. Take out and leave to rest. Serving the fillet slightly pink is best.

For the Dauphinoise

1kg large, starchy potatoes such as King Edward or Maris Piper
4 garlic cloves
2 rosemary stalks
500ml double cream
salt and pepper

Pre heat the oven to 160°C.

Put the cream, rosemary and garlic in a pan, and gently warm it through. Add a good amount of seasoning as the potato will need it.

Finely slice the peeled potatoes to a 2mm thickness; this can be done by hand, but for better results a mandoline is ideal.

In a small but deep roasting tray, put a layer of sliced potato to cover the bottom of your dish.

Sprinkle a fine layer of salt and pepper

(yes more seasoning!), and then

repeat with a second layer – if

you start from the same point

with each layer you get a

more uniformed and

sturdy finished product.

Keep this up until the

dish is full with sliced

potato; it's a good

idea to press the

potato down while

layering.

Now pour the infused

cream over the

potato through a

sieve to catch all the

bits. The cream should

come three quarters of

the way up the potato

slices; press down with a

fish slice or spoon.

Cover with foil and bake in

the oven for 45mins to an

hour – a knife should pass

straight through the middle.



The Last Wine Bar seasonal food: Pork tenderloin brushed with English mustard and thyme and wrapped in parma ham with creamed cauliflower puree and dauphinoise potatoes.



Cheers...

Sam Wylie-Harris hails the fragrant and sumptuous white wine viognier

A rising star on wine lists in trendy bars and restaurants, viognier is spreading its vines from the grape's spiritual home in Condrieu, northern Rhone, to become the darling of vigneron in the New World.

Hailed as the Rhone's finest white wine, this modish grape is produced in tiny amounts and commands designer price tags. But thanks to its beguiling, heady aromas and apricot flavours, a new generation of winemakers are emulating this rich white and banking on its seductive appeal.

South of the River Rhone, the cool hillsides of Montagne Noire in the sunny Languedoc produce effortlessly drinkable examples such as Marquis de Pennautier Viognier, Vin de Pays D'Oc 2009 (£7.99, Majestic). Perfumed with

textbook scents of ripe peach and apricot balanced by refreshing acidity, it's terrific with a warm leaf salad and crabcakes.

Famed for its reds, Argentina always manages to the table and this keenly priced Trivento Viognier 2010, Mendoza (£6.99, Waitrose) ticks all the right flavour boxes. Blossomy with classic peach fruit and honeysuckle on the finish with well-balanced acidity, enjoy this bright white with seafood or chicken.



Wine enthusiasts thirsty for a taste of the finest viognier will have to trace its roots back to the small appellation of Condrieu to sample the piece de resistance. Try Guigal 2008, Condrieu, Rhone (£28.99, Waitrose) for a sumptuous fruit salad of peaches, apricots and pears.

Warmer climate viognier can produce sweeter versions, but this Australian beauty manages to maintain good acidity. Try Tallarook Viognier 2008 (£6.99, www.findwine.co.uk), Victoria. Racy with lively citrus fruit, it's a mouth-watering medley of peaches, pears and apricot with a crisp finish.

Chile likes to try its hand at most grapes and this fragrant offering from the Limari Valley in the arid north is a fruity example of how blue skies and an abundance of sunshine can influence viognier. Try Limari Valley Viognier 2010 (£9.99, www.virginwines.co.uk). Fresh with elegant stone fruit flavours and a streak of minerality, it's a perfect choice with grilled fish.

**Love food?
Don't miss your
EDP on Monday for
a delicious
DELIA SMITH recipe**



If during the cooking the cream bubbles out reduce your temp and cook for a little longer.

For best results, cook to this stage the day before, and then press and chill the Dauphinoise in your fridge. The next day, cut portions out and roast at around 180°C for 25 minutes, to achieve more defined edges and the 'restaurant' look. Otherwise simply remove the foil and increase the temperature to crisp the top.

For the cauliflower puree

1 small head of cauliflower, just the florets
1 knob of butter
200ml milk
50ml double cream
salt and pepper

Melt the butter in a thick-bottomed pan. Add the cauliflower and a pinch of seasoning, and gently soften the florets, making sure you turn them in the pan so they do not catch. Once they have softened a little, add the milk and cream, which should not completely cover the cauliflower.

Bring to the boil and let it simmer for 20 minutes. With a hand blender or food processor blitz the mix until smooth – I would recommend removing a little of the liquid before blitzing, and then adding it back a little at a time if needed, until you have a smooth puree. There is no need to pass this through a sieve. The puree can be reheated in a microwave before use.

For the cider jus

200ml good quality cider (I've used Aspalls)
300ml beef stock
a dash of cream
Reduce the cider by half in a pan, add the beef stock and bring to the boil. Let it simmer gently. If it needs thickening, a little beurre manié (a paste of flour and softened butter) will do the job. Add a dash of cream and season to taste, remembering your ham will be quite salty.

To serve

Blanche 500g of purple sprouting broccoli, having removed the woody ends. Re-heat the puree and swish it across the plate; slice the pork into medallions at an angle and place over the puree one on top of the other. Arrange the Dauphinoise and broccoli, and spoon over the jus.

Ecky Limon, partner at The Last Wine Bar, says...

Pork is a forgiving meat to pair with wines, providing a neutral background – although they do need some acidity to cut through the rich fattiness, especially given that Lewis has added a sumptuous Dauphinoise to the mix this week.

I'm going to make two suggestions for this one: the first is Dolcetto, an Italian red grape variety from the Piedmont region, which balances a dry acidity with fresh fruitiness.

My second recommendation might surprise you – it's a rich Pinot Gris from Alsace. The same grape as the ubiquitous Italian Pinot Grigio, in the Alsace region on France's eastern border with Germany produces luscious, rich white wines with good acidity, which will balance out all the flavours in today's dish.

Of course, the third – and obvious – choice would be a glass of good quality cider, always a good match with pork, and matching the jus perfectly.

**The Last Wine Bar and Restaurant is at 76 St George's Street, Norwich.
www.lastwinebar.co.uk**