

# Pork rack glazed with spiced honey, artichoke heart purée and wilted spinach

**Recette pour 4 personnes**

## **Description**

Pork loin roasted in the oven and coated with a honey flavored with allspice, a smooth and rich artichoke purée served with wilted spinach.

## **L'idée déco**

Starting your roast in a cold oven will allow the meat to cook slowly and result in a pork rack that is really tender and juicy.

## **Ingrédients**

For the pork rack glazed with four spice honey

- 1 Unit(s) Pork rack (4 chops)
- 120 Ml Honey
- 5 Ml Four spice mix
- 2 Unit(s) Red onion
  
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

For the artichoke purée

- 600 Gr Artichoke heart
- 500 Ml Water
- 500 Ml Milk
- 75 Ml Olive oil
  
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

For the wilted spinach

- 200 Gr Spinaches
- 1 Clove(s) Garlic
- 20 Ml White wine
  
- Olive oil

- Vegetable oil
- Salt and pepper
- Butter

## **Préparations**

Temps de préparation **90 mins**

Préchauffez votre four à 400 F°

### General preparation

Slice the red onion. Cut the cheese into cubes. Peel and cut the potatoes into cubes and put them in cold water. Chop the garlic finely.

### For the roasted pork rack

In a small saucepan, heat the honey over low heat with the mixture of spices for 5 minutes. Season the pork with salt and pepper.

In a hot pan with vegetable oil, sear the pork until you reach a golden brown coloration on high heat. Set aside. Add the red onion in the pan and sauté for 1-2 minutes.

Transfer to a roasting pan, place the pork rack on top and drizzle with the spiced honey. Transfer to the oven at 350°F. Drizzle with spiced honey 2-3 times during cooking. Roast for about 1h-1h30 or until the inside reaches 52°C. Let the meat rest for at least 15 minutes in a warm place before cutting individual portions.

### For the artichoke purée

Use frozen artichoke hearts. Add to a sauce pot with milk and water and cook for 10-15 minutes or until very tender.

Transfer to a blender with olive oil, salt and pepper and blend until nice and smooth.

### For the wilted spinach

Just before serving, in a hot pan with a knob of butter add the spinach, white wine and chopped garlic. Season with salt and pepper.

### To serve

On each plate, make a nice quenelle of artichoke purée, a bit of wilted spinach and just beside a portion of pork. Drizzle with the spiced honey.

**Bon appétit!**