

LONG FLAT DESTINATIONS

*Long Flat Destinations Coonawarra Cabernet Sauvignon accompanied by
Pork Sirloin Roast with Sautéed Apple and Red Cabbage*

Let your palate guide you through the regional wine specialties upon which Australia has built its international reputation. To make your journey even more pleasurable we would like to share our specially created recipes that marry each wine with local produce.

Ingredients

Pork

2 tbsp olive oil
2 x 500gm pork sirloin roasts
4 tbsp wholegrain mustard
2 tbsp Dijon mustard
1 tbsp horseradish

Cabbage

1 medium red onion, finely sliced
150gm red cabbage, shredded
1 small red apple, finely sliced
2 tbsp red wine vinegar
¼ cup water
1 tbsp honey
Pinch dried oregano
Salt and pepper

Method

Heat the oil in a heavy fry pan and brown all sides of pork roasts well. Combine the mustards and horseradish. Place pork roasts on a baking rack over a roasting pan and coat with the mustard mix. Bake in a 180°C oven for 35-40 minutes or until the pork roasts are moist and cooked through.

In the same fry pan as used to brown the pork roasts, sauté the onions until they are soft; add the cabbage and apple sautéing for five minutes. Reduce the heat to low, stir in the remaining ingredients, cover and allow to cook for 15 minutes. Uncover and cook until the liquid has evaporated and the cabbage is al dente. Keep warm. Remove the pork roasts, cover with foil and rest for 5 -10 minutes. Place the cabbage on a platter and top with the sliced pork roasts.

Serves 4



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*Long Flat Destinations Coonawarra Cabernet Sauvignon accompanied by
Char Grilled Rib Eye Steaks with Creamy Mushroom Sauce and Sweet Potato Mash*

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Ingredients

Steak

1 cup olive oil

1 large garlic clove, crushed

Salt and pepper

4 x 300gm rib eye steaks, bone on

Mash

600gm sweet potatoes, peeled and cubed

25gm butter

2 tbsp cream

2 tbsp fresh chives, chopped

Salt and pepper

Method

In a small saucepan combine the oil, garlic and seasoning, gently heat for three minutes to infuse the flavours and allow to cool. Pour over the steaks and set aside.

To prepare the mash, cover the potatoes with cold salted water and cook until tender; drain and mash with butter, cream, chives and seasoning. Cover and keep warm.

For the sauce, heat the oil in a fry pan and add garlic, mushrooms and seasoning cooking until the mushrooms are soft. Add cream and reduce until thickened. Keep warm.

Remove the steaks from the oil and char grill to desired temperature. Cover with foil and let rest for at least 5 minutes. Add the resting juices to the sauce and serve with warm mash.

Serves 4 - 6

