



Ready for the oven

Recipe of the Month

Sage Roast Pork Steak with Roasted Vegetables

Your Free Copy

Serves: 4

Ready in: 1 1/2 hrs

Ingredients:

- 1 pork steak
(why not do 2 and have 1 cold for sandwiches)
- 1 25g pack of sage
- Zest of one lemon
- 2 cloves garlic crushed or grated
- 2 tablespoons olive oil for the pork
- 8 large carrots
- 4 large parsnips
- 2 tablespoons olive oil for the veg
- 1 tablespoon honey
- 1 tablespoon balsamic vinegar
- 2 teaspoons thyme
- Serve with steamed/boiled potatoes

a note from cleansheets: A roast is time consuming to prepare, cooking time is lengthy, there are usually a lot of elements to coordinate & plenty of washing up. This roast is a little different. It cooks in an hour with the veg in the roasting tray so it's possible midweek or at the weekend if you've lots planned. Suitable for beginners and busy people. It may seem like a lot of veg but roasting shrinks them a little and they are very tasty so my kids eat loads of them—bonus!

1. Pre heat the oven to 200°C or gas mark
2. Remove the sage leaves from the stems and chop finely, put it on a dinner plate add the garlic, lemon zest, olive oil & season generously with salt and pepper.
3. Roll the pork steak in the mixture and leave to sit while you prepare the veg.
4. To make the dressing for the veg: mix the olive oil, honey, balsamic vinegar, and thyme in a small bowl.
4. Peel the veg and cut into 1 inch chunks, put in to the roasting tray pour in the dressing and toss until well coated.
5. Rest the pork on the veg and rub any of the sage mixture left on the plate onto the meat. (I took the picture at this point.) Put it in the oven for 1 hour.
6. Wash and prepare your potatoes and put them on so that they will be ready with the pork. I like cooking this dinner as it looks after itself at this stage, so I can get on with something else.

Gravy: the pork remains very moist and the veg are very flavoursome roasted in the dressing so gravy's not necessary in my opinion. If you think you can't live without it, by all means cook up your usual one.

7. Pork should never be served pink so check the centre is cooked by cutting into it. I am no good at carving but even I manage to slice this meat thinly & arrange it somewhat artistically. Serve with the roasted veg and floury spuds.



Everything you need in the
kitchen and more...
27 Lower Castle Street
Tralee, Co Kerry
066 7119958

Tomatoes are the fruit that will expose the blunt knife most dramatically. The skin should just slice open when a small amount pressure is put on the blade, if the tomato dents under pressure get yourself straight to Utensils to avail of their knife sharpening service.

4 reasons to get your knives sharpened right now:

1. A blunt knife is more dangerous as you are likely to use it in awkwardly in order to slice and dice food.
2. Sharpen them up and cut your chopping time.
3. Certain foods are nicer when sliced thinly, cold meats and veg for salads for example, and a little goes further too.
4. A sharp paring knife leaves less waste when peeling fruit & veg.

Good quality knives sharpen much better - I have been slowly making a collection and they are a pleasure to use, I've even been known to bring mine on a self catering holiday! Ask Pat and his team about ceramic knives that never lose their edge and Utensils have the widest range of branded quality kitchen knives in Tralee.

**Horan's
Fruit and Vegetables
&
Health Food Stores**



**Manor
Rock Street
Horan Centre
Russell Street
066 7123070**

Local Root Vegetables from Castlegregory are in season and waiting in your nearest Horan's store to be cooked whatever way you choose, but roasting brings out their natural sweetness. In this months recipe you could substitute or add turnips and beet-root too.



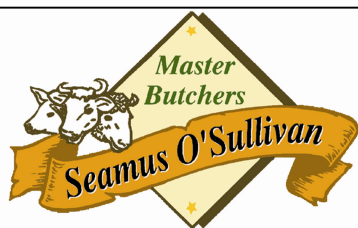
Extra flavour idea:

For even more of a taste of autumn what could be nicer than throwing some peeled chunks of Bramley apple in 20 minutes before the roast is ready.



**Try Something new:
Sesame Sticks**

€1.99 for 250g, very tasty and crunchy, a big hit with everyone in our house at the moment and bring me right back to my school days when we ate lots, they have quite a distinctive flavour from the sesame seeds and are flavoured with tamari, a traditional soy sauce. Try them as a snack with drinks or a lunch box treat.



**Manor, Tralee,
Co Kerry
066 7126225
www.sulmeat.com**

We told you we wanted your ideas and here's one in action. **The Bargain of the Week** for the next 4 weeks so you can plan to get the best value.

From 31st August
Traditional Bacon Rib
just €1.59 per lb

From 7th September
**Fresh Irish Chicken
Maryland and Kiev's**
€1.29 each

From 14th September
Tender Sirloin Steak
Only €4.99 per lb

From 21st September
**Large Fresh Irish Chicken
Fillets** only 99c each

Cleansheets loves: menu planning, so thanks to the staff at Seamus O'Sullivan's for helping us out with the details of the bargains in advance !

The home of all things home

www.cleansheets.ie

Cleansheets has had a lower media profile this month, but thanks to all those of you who got in touch after seeing the website in the local papers and hearing about us on Radio Kerry in July.

A customer suggested the bargain of the week at Seamus O'Sullivan's be published for the weeks ahead and we think it's a great idea—so you can look forward in anticipation to a month of mouth watering bargains.

Keep the suggestions coming!

Autumn is a busy time and there is a sense of getting back into routine and rhythm, and an opportunity to start some new habits. Menu Planning has saved us lots of money in the cleansheets household and how we do it is on the website in the food category.

This is the 4th recipe sheet and if you've missed earlier ones the recipes are all available online. I am happy to e-mail the older issues to you if you've any trouble accessing them.

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www.cleansheets.ie