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King Henry Pork Rib Eye with Medieval Spiced Orange Crust and Enoki Lemon Salad

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Ingredients

2 King Henry pork rib eyes
1 orange
1 Spanish onion
Olive oil
Enoki mushrooms
1 lemon
20g rocket
50ml vincotto

Medieval spices

1 cinnamon stick
4 cardamom pods
2 star anise
1tsp cumin seeds
Orange zest
Salt and pepper

Method

Dry roast the medieval spices until fragrant and mix in a mortar and pestle and set aside.

Rub the spices over the pork.

With a heavy-based pan on high heat sear the pork to seal in the juices.

Take out of the pan and place onto a roasting tray and into a 200°C oven for 20 minutes. Take out of the oven and let rest for 5 minutes.

Place the enoki mushrooms into a bowl with the rocket, sliced Spanish onion and lemon zest.

Drizzle with a little vincotto.

To serve place the pork onto the plate and place the salad on top.