



## For the Love of Good Food

### Pan-Fried Pork with Peaches and Green Peppercorns

Although you will not read this until October, I'm sure there will still be peaches available after such abundance this year. Here is a perfect savory way to use them. The person I got this recipe from (a well-known British chef) said that it was rare he could sit down and enjoy his own cooking without wishing he had added this or that to improve it. However, this recipe was a rare exception which gave him as much pleasure as it gave his guests. I would agree, so feel it only right to share that pleasure with you, in turn.

#### Ingredients (for 4 servings)

*2tbsp olive oil*

*1 1/2lb pork filet or loin, sliced*

*3tbsp brandy*

*1 small onion, finely chopped*

*1/2pint chicken stock or broth*

*1 pinch of ground bay leaves*

*1tbsp green peppercorns (sold in jars of brine)*

*2tsp corn starch*

*3 ripe peaches, skinned and sliced*

*salt*

1. Heat the oil in a heavy non-stick skillet. Cook the pork quickly over a high heat for 10-12 minutes, then transfer to a warm plate and keep warm.
2. Pour brandy into the pan and stir to loosen the sediment. Add the onion and soften over a gentle heat. Add the stock, bay and peppercorns and simmer briskly until the stock has reduced by two-thirds.
3. Mix the corn starch with 1tbsp cold water and stir into the sauce to thicken.
4. Return the pork to the pan, add the peaches and simmer to warm through. Check the sauce for seasoning and add a little salt if necessary.
5. Serve with steamed rice, broccoli and carrots to give contrasting taste textures and color. It would also go well with couscous on the side.
6. If you do not eat pork, you could choose turkey or chicken, but reduce the cooking time as slices of turkey especially harden and cook more quickly.
7. Another variation on the pork theme would be to omit the peaches, add a heaped tablespoon of sour cream just at the end and serve with buttered noodles.
8. Or even better, for autumn add 1/2lb sliced mushrooms at the same time you cook the onions, plus 1/2teaspoon of nutmeg or allspice (the husk of the nutmeg, and the taste has a hint of clove) before you add the stock and the rest of the ingredients.

There you are, 3 recipes in one! The green peppercorns give the dish a real lift and an edge which balances well with the blandness of the pork. Also the dish is very quick to prepare, much of the preparation and accompaniments can be done in advance. A perfect entrée for a busy hostess who also wants time to spend with her guests.