

# RACK OF PORK & ROAST VEGETABLES



## ONTARIO PORK

*Cooking this low-fat roast in the same pan as the Ontario vegetables allows the flavours of each to mingle and intensify, as well as saving time on washing up!*

**Preparation Time:** 20 minutes

**Cooking Time:** 2 hours

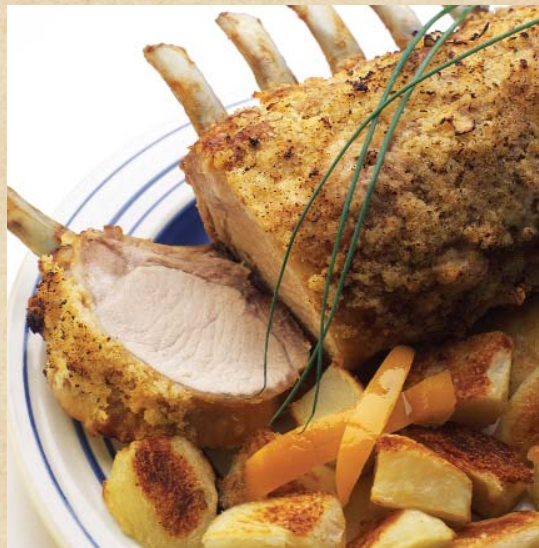
**Serves** 6

### Nutritional Information (1 Serving)

|                |          |
|----------------|----------|
| Protein:       | 75 grams |
| Fibre:         | 4 grams  |
| Carbohydrates: | 50 grams |
| Calories:      | 775      |

### Ingredients:

|                    |  |
|--------------------|--|
| 1                  | <b>Ontario Pork Rib Roast, Rack</b> , about 3 lbs/1.5 kg                 |
| 1 1/2 tbsp (20 mL) | butter   |
| 2 tsp (10 mL)      | minced <b>Ontario Garlic</b>   |
| 1 tsp (5 mL)       | <b>each</b> salt and fresh ground pepper                                 |
| 1 cup (250 mL)     | dried breadcrumbs  |
| 1/4 cup (60 mL)    | bottled horseradish (do not drain)                                       |
| 1 tbsp (15 mL)     | Dijon mustard  |
| 6                  | <b>Ontario Shallots</b> , peeled   |
| 18                 | <b>Ontario Mini White Potatoes</b>                                       |
| 1                  | large <b>Ontario Greenhouse Sweet Yellow Pepper</b> , sliced into strips |
| 1 tbsp (15 mL)     | olive oil  |



Score thin layer of fat on top side of roast in a criss-cross pattern – this will help the crust to adhere. In a skillet melt butter with garlic over medium heat. Add breadcrumbs, butter, salt and pepper. Cook, stirring frequently, until lightly browned; mix in horseradish. Put to one side to cool. Spread mustard evenly over top and sides of roast. Press breadcrumb mixture into mustard.

Pre-heat oven to 350°F (180°C). Toss shallots, potatoes, and pepper strips with olive oil and season to taste with salt and pepper. Place pork and vegetables in a roasting tray large enough not to crowd the vegetables. Roast for about two hours, turning vegetables occasionally. Pork is ready when internal temperature reaches about 155°F (68°C). Allow pork to rest for 10 minutes before carving; cut between bones, and serve each guest one chop with potatoes, onions, and peppers.