

CHBC Demo Recipes

Blue Cheese Mita Paine Crusted Pork

(serves 4)

A

- 2 cups French bread, finely chopped
- 2 tblsp Extra virgin olive oil
- ¼ cup Parsley, coarsely chopped
- ¼ cup Stilton cheese, crumbled
- To taste Salt and pepper

B

- 8 3 oz Pork tenderloin medallions
- To taste Salt and pepper
- 2 tblsp Extra virgin olive oil

- A. Mix ingredients.
- B. Season pork with salt and pepper and quickly sear (for colour) in a hot pan with olive oil. Remove from pan and place on a parchment paper lined baking pan. Lightly pack mita paine crust onto pork medallions. Finish in the oven at 375° for 10-12 minutes. Crust should be golden.
- C. Serve with Rosemary Apple Chutney (see next page).



Okanagan's Finest Foods
product info: 250.717.6018
catering: 250.317.2055
info@okanagansfinest.com
www.okanagansfinest.com



The Ridge Restaurant
3002 Dunster Road
East Kelowna
250.712.9404
klo@k-l-o.com
www.k-l-o.com/ridge

CHBC Demo Recipes

Rosemary Apple Chutney

A

- 2 tblsp Extra virgin olive oil
- 1 White onion, finely diced
- 4 cloves Garlic, minced
- 1 tblsp Coriander, ground
- 1 tsp Cumin, ground

B

- 1 sprig Rosemary, chopped
- 1 cup Apple cider vinegar
- 1 cup Honey

C

- 6 Large Gala apples, peeled, cored and chopped
- To taste Salt and pepper

D

- ¼ lb Cold butter, cubed

Method

1. Heat a medium-sized pot on medium heat, then add A.
2. Cook until tender and juicy. Add B and bring to a simmer.
3. Add C and cook until tender. Remove from heat.
4. Add D cube by cube, stirring constantly to evenly melt butter.



Okanagan's Finest Foods
product info: 250.717.6018
catering: 250.317.2055
info@okanagansfinest.com
www.okanagansfinest.com



The Ridge Restaurant
3002 Dunster Road
East Kelowna
250.712.9404
klo@k-l-o.com
www.k-l-o.com/ridge