

HAMMERHEADS

Pork Fillet + Veg

Taking place in ep2, the crews were tasked with completing a single dish on a Megamaster, in 25 minute increments - IE: Relay Style!

Pork Fillet

1 pork fillet, butterflied
150gr WOODYS streaky bacon
125gr brie cheese
S&P

Season the pork fillet
Lay slices of brie cheese, about 1cm thick along one side of the fillet
Seal the fillet with slices of bacon - holding together with cocktail sticks
Rub with olive oil
Braai over hot coals for colour
Move to medium coals and cook for a further 15-20mins, depending on the size of the fillet.

Roast Potatoes

2kg baby potatoes, halved
150gr butter
½ onions, finely chopped

Boil the potatoes in salted water until just tender.
Melt the butter in a frying pan over medium heat
Add the onions and fry till soft
Add the potatoes and fry
Toss to coat in the butter
Cook potatoes until golden and crispy

Veggie Bake

3 small butternuts, peeled and finely sliced
100gr fresh baby spinach
4 sprigs of thyme, leaves picked
2 cloves garlic, finely chopped
½ tsp of:
Smoked paprika
Cinnamon
Nutmeg
1 tsp Cumin
2 tsp Vegetable stock powder
50 gr butter, cubed

Layer butternut and spinach
Sprinkling over the spices, herbs and garlic between each layer.
Sprinkle the veg stock powder over the top layer
Dot with butter
Drizzle 4 Tbsp water over.
Season with S&P
Cover with tin foil and bake over medium +- 45 minutes
½ cup roughly chopped pecan nuts, sprinkled over the top before baking.