

Pork, Pistachios and the Perfect Peach  
By Ravinder Bhogal  
From "Financial Times" August 17/18, 2024

Substitutions: Apricots, cherries and nectarines would all work "as a wonderful foil to the pork's voluptuous fattiness". Tip For a gluten-free option, Ravinder suggests swapping the breadcrumbs for a mixture of three parts almond flour to one-part corn flour. Garlic powder or sweet smoked paprika are also a nice addition.

Servings: 2

**Ingredients**

35g pistachios (approximately 4-1/2 tablespoons)

25g panko breadcrumbs (approximately 1/4 cup)

Zest of a small lemon

1 garlic clove, crushed

Sea or Kosher salt

Freshly ground black pepper

1 egg, beaten

2 heaped tsp Dijon mustard

2 pork loin steaks, approximately 150g each. Trim the rind off, if there is one, but leave the fat  
3 tbs olive oil

**For the sweet and sour peaches**

1 tablespoon olive oil

8 sage leaves

2 peaches sliced into 12-16 wedges

Sea or Kosher salt and freshly ground black pepper

1 teaspoon granulated sugar

2 tablespoons balsamic vinegar

1. Begin by making the coating for the pork. In a food processor, grind the pistachios to a coarse rubble. Place in a shallow bowl and mix with the panko breadcrumbs, lemon zest and garlic, and season with sea salt and pepper.
2. In another shallow bowl whisk together the egg and mustard. Season each loin steak with a little sea salt and pepper. Dip each steak first in the egg mixture, then press into the breadcrumbs, making sure they are evenly coated all over.
3. Before you fry the steaks, make sure you have the ingredients for the peaches prepped.
4. Heat the olive oil in a pan over a medium heat and fry each steak for four minutes on each side until the coating is crisp and golden brown and the meat is cooked through. Leave to rest on a warm plate.
5. Clean out the frying pan with kitchen paper. Heat the olive oil and fry the sage briefly on a medium heat until crisp, then remove and drain on some more paper. Add the peaches to the pan and caramelize lightly for two minutes on each side. Season with sea salt and pepper, sprinkle over the caster sugar and pour over the vinegar. Bubble for a minute, then take off the heat.
6. Serve the pork with the peaches and crisp sage.