



Pork Steaks with Caramelised Pears

Serves 6

Preparation time 5 minutes

Cooking time 10-15 minutes

Ingredients

1 tbsp sunflower oil

3 red onions, roots trimmed and cut into eighths

4 Forelle pears, quartered and cored (leave the skin on)

A few sprigs rosemary leaves roughly chopped

6 pork steaks, about 175g/6oz each, trimmed of excess fat

50g blue cheese, cubed

Method

1. Season the pork and grill on a medium heat for 15-20 minutes and then turn over and grill for a further 10 minutes.
2. In the meantime, using two hob rings, heat the oil in a hob-proof roasting tin, then add the onions, pears, most of the rosemary and seasoning and caramelize for around 5-10 minutes.
3. Add the steaks to the vegetables and scatter with the remaining rosemary and the cheese.
4. Place back under the grill until the cheese starts to melt, then serve.