



HONEY-GLAZED PORK RACK WITH SOY SAUCE AND POMEGRANATE

RECIPE FOR 4 PEOPLE

PAIRINGS

STARTERS

- Beef carpaccio with Parmesan shavings and hazelnut oil
- Thin tomato and onion tart with balsamic vinegar
- Game terrine with red berries
- Duck rillettes with red berry chutney

MEAT

- Dry-aged rib of beef with full-bodied rosé ratafia jus
- Honey-glazed pork rack with soy sauce and pomegranate
- Fig and duck breast skewers
- Roast pork with apples, chestnuts and cranberries

SIDES

- Vegetables glazed with honey and orange zest
- Roquefort savory cake
- Kabocha squash crumble
- Black rice with rich jus

CHEESE

- Bleu d'Auvergne
- Roquefort

DESSERTS

- Black cherry clafoutis
- Kirsch and Morello cherry crème brûlée
- Damson plum crumble with toasted almonds
- Black Forest cake

INGREDIENTS

- 1 bone-in pork rack (1.2 to 1.4 kg / 2.5–3 lb)
- 4 tbsp light soy sauce (no more)
- 250 ml pure pomegranate juice
- 3 tbsp mild honey (acacia or wildflower)
- 1 tbsp maple syrup or light brown sugar
- 1 tbsp rice vinegar (or orange juice for extra sweetness)
- 1 garlic clove, finely grated
- A small piece of ginger, very finely grated (optional)
- 2 tsp neutral oil
- Freshly ground pepper
- Pomegranate seeds (optional)

PREPARATION

- 1 Remove the pork rack from the refrigerator 30 minutes before cooking.
- 2 Mix the soy sauce, pomegranate juice, honey, maple syrup, vinegar (or orange juice), garlic, and ginger to create a mild, fruity sauce.
- 3 Season the pork with pepper only (do not salt).
- 4 Heat the oil in a Dutch oven or ovenproof pan.
- 5 Brown the pork rack on all sides over medium heat for even coloring.
- 6 Pour in the sauce, bring to a gentle simmer, cover, and place in a 150°C (300°F) oven.
- 7 Cook for 1 hour 20 minutes, basting regularly.
- 8 Remove the pork and keep warm.
- 9 Reduce the sauce gently over medium heat until glossy and slightly thickened.
- 10 Return the pork to the pot and coat generously with the sauce.
- 11 Roast at 190°C (375°F) for 10–15 minutes to achieve a shiny, golden glaze, watching carefully.
- 12 Let rest for 10 minutes before carving.

SERVING SUGGESTION

Serve with sweet potato purée, light coconut rice, roasted squash, or mild roasted vegetables (carrot, parsnip, butternut).