Pork steaks with cherry relish

Serves 4

2 teaspoons olive oil
4 (150g each) butterflied pork steaks
steamed green beans and chat potatoes,
to serve.

Cherry relish

2 teaspoons olive oil
3 eschalots, peeled, thinly sliced
2 tablespoons port
2 tablespoons red wine vinegar
1/4 cup caster sugar
1 cinnamon stick
3 whole cloves
3/4 teaspoon black peppercorns
6cm strip orange rind
350g cherries, pitted

1. Make relish Heat oil in a saucepan
   over medium heat. Cook eschalots,
stirring occasionally, for 5 minutes or
   until softened. Add port, vinegar, sugar,
cinnamon, cloves, peppercorns and orange
   rind. Cook, stirring, for 2 minutes or until
   sugar has dissolved. Add cherries. Bring
to the boil. Reduce heat to low. Simmer,
stirring occasionally, for 20 to 25 minutes
   or until cherries have softened and
   mixture has thickened slightly. Transfer
to a bowl (see note).

2. Heat oil in a frying pan over medium-high heat.
   Season pork with salt and pepper.
   Cook for 3 to 4 minutes, each side,
or until cooked through. Serve
   with cherry relish, beans and potatoes.

Makes approximately 1 cup relish.
Serve warm or cold. Store, covered, in
an airtight container in the fridge for
up to 1 week.

Cherries, the most prized of stonefruit,
have been cultivated for thousands of
years and traditionally herald the summer-
festive season in Australia.

Buying and storing

Select plump, glossy cherries with green
stems intact. Avoid dull, bruised, small or
hard fruit. Store in an airtight container or
plastic bag in the fridge, as cherries keep
longer when cool.

Nutrition

Cherries are high in vitamin C, contain
soluble dietary fibre and are rich in
antioxidants. They’re also low-GI for
longer-lasting energy.
Cherry and white chocolate semifreddo

Serves 8
250g cherries, pitted
4 egg yolks
1 teaspoon vanilla bean paste
1 1/2 cups caster sugar
1 1/2 cups thickened cream
3 egg whites
100g white chocolate, finely chopped
pitted fresh cherries, silver cachous and flaked coconut, to serve

1 Grease a 7.5cm-deep, 10.5cm x 25.5cm (top) loaf pan. Line base and sides with baking paper, allowing 3cm overhang on all sides. Roughly chop cherries. Place on a plate lined with paper towel. Pat dry.

2 Using an electric mixer, beat egg yolks, vanilla and sugar together for 2 to 3 minutes or until thick and creamy. Wash and dry beaters. Beat cream in a separate bowl until soft peaks form. Wash and dry beaters. Beat egg whites in a separate bowl until stiff peaks form.

3 Gently fold cream, cherries and white chocolate into egg yolk mixture. Fold egg whites, in 2 batches, into cream mixture.

4 Spoon into prepared pan. Cover surface with plastic wrap. Freeze overnight or until firm. Set aside for 5 minutes to soften. Turn onto a plate. Top with cherries, cachous and coconut. Serve.

Cherry cheesecake tarts

Serves 4
350g cherries, pitted
1 tablespoon brandy
2 1/2 tablespoons icing sugar mixture
1 1/2 x 250g packet Arnott's Choc Ripple biscuits
70g butter, melted
200g cream cheese, softened
1/3 cup pure cream, whipped
cheese and remaining icing sugar in a bowl until smooth. Fold in cream.

4 Carefully remove biscuit cases from tins. Divide cream cheese mixture between cases. Top with cherry mixture. Serve.

5 quick cherry ideas

1 Top sliced baguette with goat's cheese, leg ham and fresh cherries for an easy festive canape.

2 Poach cherries in port with a lime sugar and serve with vanilla ice-cream.

3 Serve pancakes with chocolate sauce and fresh cherries.

4 Mix chopped fresh cherries with custard and layer between chocolate cake and whipped cream for a black forest trifle.

5 For an easy treat, dip cherries in melted dark chocolate, refrigerate until firm.