

**INGREDIENTS:**

4 generous pork steaks

sea salt

freshly-ground black pepper

two teaspoons olive oil

50g butter

four or five sage leaves, roughly torn

1 medium cauliflower

1 tablespoon finely-chopped shallot

1 level tablespoon medium curry powder

1 teaspoon salt

200ml double cream

20 grindings black pepper

**TIME:** 45 mins**SERVING:** 4 people

Trim the cauliflower discarding any coarse outer leaves but retaining the inner ones. Cut away the florets and cut the core into small chunks. Drop into a large pan of boiling, lightly salted water and cook for eight minutes. Heat the oven to 190C gas mark 5. Place an oven-proof frying pan over a high heat, rub the pork steaks with oil and season well and sear on both sides. Add half the butter and the sage leaves, spoon over the steaks then transfer to the oven for 12 minutes. In a small pan sweat the shallot in the remaining butter, add the curry powder and cook gently for two minutes. Drain the cauliflower thoroughly and either whizz in a food processor or puree with a stick blender. Incorporate the shallots, salt, pepper and cream and serve with the steaks.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**