



Harrington's Grilled Kassler Ham Loin, Heirloom Carrots, Apple & Fennel Slaw

Serves 4 as a main course

Plating & Preparation

- Harrington's Kassler Ham Loin - cut into 8 generous steaks
- A little grapeseed oil
- 1 recipe fennel & apple slaw
- 1 recipe Moroccan spiced carrots

Method

1. Brush both sides of the Kassler steaks with the grape seed oil.
2. Gently grill over a hot BBQ for 1 1/2 - 2 minutes for each side.
3. Serve with the fennel and apple slaw and the heirloom carrots. Spoon any leftover carrot glaze over the grilled Kassler steaks.

Fennel and Apple Slaw

- 1 fennel bulb - finely sliced
- 1/4 red onion - finely sliced
- 1 apple - finely sliced
- 2 radish - finely sliced
- 1/4 cup of ranch dressing
- 1/2 handful flat leaf parsley leaves
- 1 lemon juiced
- flaky sea salt & freshly milled black pepper to taste

Method

Place all ingredients into a bowl and combine well. Season with a little salt and pepper. Leave to sit for approximately 20-30 minutes before serving



Moroccan Spiced Carrots

- 500g baby heirloom carrots - washed and trimmed
- 1/4 cup quality olive oil
- 2 Tbsp golden syrup
- 2 Tbsp preserved lemon - rind only and finely diced
- 1 lemon - juice only
- 2 tsp Ras el Hanout spice mix
- Salt and milled pepper to taste

Method

1. In a large bowl, mix the carrots with half the olive oil and lightly season with salt and pepper.
2. Place the carrots on a hot grill or BBQ. Cook for a few minutes until the carrots are lightly charred.
3. While the carrots are grilling. Place the remainder of the ingredients into a large nonstick pan and bring to a simmer. Add the grilled carrots to the pan, toss and cook for another 2 minutes.
4. Serve while hot.