Pork fillet filled with pears

Cuisine: **Czech** Food category: **Pork**



Author: Jaroslav Mikoška Company: Retigo

Program steps

Pr	eheating:	300 °C						
1	\$\$\$\$ Hot air		≠ 50	6 M Termination by core probe	N 52	°C	8≎ 200	+ 100
				temperature			°C	%

Ingredients - number of portions - 4

Name	Value	Unit
pork tenderloin	700	g
pears peeled	6	pcs
pork lard	1	pcs
pork lard	20	g
butter soft	100	g
chicken stock	400	ml
caster sugar	20	g
pear vodka	40	ml
a sprig of thyme	1	pcs
salt	1	g
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	480.4 kJ
Carbohydrate	5.2 g
Fat	34.5 g
Protein	35.2 g
Water	0 g

Directions

Cut the some pears into the batons and stuff the pork fillet with them. Leave 2 hardest pears and blend the rest of the pears and cover the pork fillet with it. Take the pork caul fat and wrapp the pork fillet with it. Set the Retigo combi oven on hot air mode 200°C, core probe 52°C, place vision grill inside and preheat it. After preheating place the pork fillet onto the hot grill and fry untill the temperature is reached in the core. For the sauce peal the rest of the pears and cut into 1 x 1cm cubes. Fry the pears with half amount of butter, add sugar and make light caramel, put salt and pepper, leaves of thyme and add chicken stock, reduce to half, add pear vodka, mix well and switch off the heat. To thick the sauce add small cubes of butter into the sauce step by step.

Recommended accessories

