

Pork fillet filled with pears

Cuisine: Czech

Food category: Pork



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Company: Retigo



Program steps

Preheating: 300 °C

| | | | | | | | |
|---|---------|------|---------------------------------------|-------|--------|-------|--|
| 1 | Hot air | 50 % | Termination by core probe temperature | 52 °C | 200 °C | 100 % | |
|---|---------|------|---------------------------------------|-------|--------|-------|--|

Ingredients - number of portions - 4

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

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

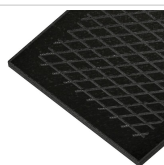
Vitamins: A, B, B6, C, D, E, K

| 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 peel 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 thik the sauce add small cubes of butter into the sauce step by step.

Recommended accessories



Vision Grill