

Pork fillet filled with pears

Cuisine: Czech

Food category: Pork



Author: Jaroslav Mikoška

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 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

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 thick the sauce add small cubes of butter into the sauce step by step.

Nutrition and allergens

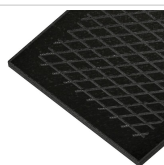
Allergens: 7

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

Recommended accessories



Vision Grill