

## **PORK FILLET, ASPARAGUS, FENNEL AND APPLE**

### **EQUIPMENT**

CHEF KNIFE, CLINGFILM, SMALL MIXING BOWL, PERFORATED BAKING TRAY, MEDIUM SIZE FRYPAN, PAPER TOWEL

### **INGREDIENTS**

1 X PORK FILLET, 3-4 SPRIGS THYME, 1 X APPLE, FENNEL, ¼ SPANISH ONION, 6 SPRIGS ASPARAGUS,  
SALT, PEPPER, 20GM BUTTER, OLIVE OIL, RADISH LEAVES

### **METHOD**

REMOVE THE "SILVER SKIN" FROM THE PORK FILLET AND ANY SINEW AND DISCARD

LAY A LARGE SHEET OF CLING-FILM ON THE BOARD AND PLACE THE PORK FILET ON TOP, SEASON WELL WITH SALT AND PEPPER AND PICK SOME THYME SPRIGS OVER THE PORK

ROLL THE PORK IN THE CLING-FILM AND PINCH EACH END AND CONTINUE TO ROLL UNTIL A TIGHT SAUSAGE IS FORMED

TIE A KNOT IN ONE END AND ROLL THE OPEN END A LITTLE MORE AND TIE THE OTHER END, CUT OFF THE EXCESS CLING-FILM

PLACE THE PORK ON A PERFORATED TRAY AND INTO THE OVEN STEAM SETTING 60 DEGREES FOR 50 MINS

SLICE THE ASPARAGUS IN HALF LENGTHWAYS AND SET ASIDE

IN A SMALL MIXING BOWL PLACE SLICED ONION AND FENNEL, CUT THE APPLE INTO MATCHSTICKS AND ALSO ADD TO THE BOWL

PICK SOME THYME TIPS AND FENNEL FRONDS AND ADD TO THE BOWL WITH SOME RADISH LEAVES

LIGHTLY SEASON THE SALAD AND DRESS WITH A LITTLE OLIVE OIL AND SET ASIDE

ONCE THE PORK IS COOKED REMOVE FROM THE OVEN AND CHANGE THE TEMPERATURE TO 100 DEGREES

PLACE A FRYPAN OVER MEDIUM HEAT AND PLACE THE ASPARAGUS IN THE PERFORATED TRAY AND IN THE OVEN FOR 5 MINS

UNWRAP THE PORK AND PAT DRY ON PAPER TOWEL, ADD A SPLASH OF OLIVE OIL TO THE HOT PAN AND FRY THE PORK FILLET FOR 30-60 SECONDS TO DEVELOP A CRUST AROUND THE OUTSIDE

ADD THE BUTTER AND REMOVE THE PORK FROM THE HEAT AND BASTE THE PORK WITH THE MELTED BUTTER FOR ANOTHER 30 SECONDS THE REMOVE AND DRAIN ON PAPER TOWEL

ONCE THE ASPARAGUS HAS COOKED REMOVE FROM THE OVEN AND TOSS THROUGH THE SALAD AND ADD A LITTLE EXTRA OLIVE OIL

SLICE THE PORK AND PLACE ON A PLATE, TOSS THE SALAD AND DRAPE OVER THE PORK AND SERVE

### **HINTS & TIPS**

- PORK FILLET IS READILY AVAILABLE AND IS A VERY LEAN CUT OF PORK WITH VERY LITTLE FAT SO IS THEREFORE GOOD FOR YOU

- MIXING HOT AND COLD INGREDIENTS IN A SALAD OFFERS A NICE CONTRAST FOR A SUMMER OR SPRING MEAL

- THIS METHOD TAKES THE GUESS WORK OUT OF COOKING PORK FILLET IT WON'T BE EITHER DRY NOR UNDERCOOKED