



Pork fillet stuffed with macadamia nuts

מתכון מאת V-ZUG Ltd.



Preparation
Cooking
time
התקן

45 Mins
40 Mins

Combair-Steam SL from 2015

Filling

- 1 tbsp olive oil
- 25 g macadamia nuts, coarsely chopped
- 75 g pineapple, cut into 1 cm chunks
- ½ onion, chopped
- 3 clove of garlic, chopped
- 1 cm ginger, finely chopped
- 35 g breadcrumbs
- 1 sprig of rosemary, finely chopped
- ½ egg
- Salt and pepper to taste

Pan-fry the nuts, pineapple, onions, garlic and ginger until golden.

Remove from the heat, stir for 2–3 minutes to cool down, then add the breadcrumbs, rosemary and egg, and mix well.

Pork fillet

- 2 kg pork fillet (also called pork tenderloin), each about 500 g

Cut a pocket in the centre of the meat, and insert the filling with a spoon.

Use cooking twine to tie the meat firmly.

Marinade

- 1 tbsp olive oil
- 2 tbsp brown sugar
- 2 tsp cumin
- ½ tsp Chinese five-spice powder





Sea salt flakes and pepper to taste

Make the marinade from olive oil, brown sugar, cumin, five-spice powder and sea salt and brush on the meat. Place on the baking tray.

Put the tray into the preheated cooking space. Cook.

(Pre-)heat cooking space to 180 °C with Hot air + steaming

Put the food in

Hot air + steaming 180 °C for 40 Mins

אביזרים

Baking tray

מידע נוסף

הופק ביום

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