



Pork fillet stuffed with macadamia nuts

Рецепт від V-ZUG AT



готування 45 хв
Час 40 хв
готування
Прилад Combair-Steam SL з 2015 року

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.

Розігріти робочу камеру до 180 °С Гаряче повітря + зволожуюча пара

Заснути страву для готування

Гаряче повітря + зволожуюча пара 180 °С протягом 40 хв

Акcesуари

Baking tray

Додаткова інформація

Складено

27.01.2020

