Pork fillet stuffed with macadamia nuts

Recipe by V-ZUG LTD



Preparation	45 Mins
Cooking time	40 Mins
Appliance	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

Accessories

Baking tray

Additional information

Created on	11.12.2019