Pork fillet stuffed with macadamia nuts

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制备过程	45 分钟
烘烤的时间：烘烤时间取决于机器	40 分钟
电器	Combair-Steam SL 自 2015 年

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.

将发酵桶预加热 热风+清蒸 到 **180 °C**

放入食物

在 热风+清蒸 期间为 **180 40** 分钟°C

配件

Baking tray

附加信息

创建时间	27.01.2020