# Fillet of pork in puff pastry

食谱作者 V-ZUG 瑞族



| | |
|---|---|
| 制备过程 | 40 分钟 |
| 烘烤的时间：烘烤时间取决于机器 | 25 分钟 |
| 份 | 6 |
| 电器 | Combair SE 自 2015 年 |

## Preparation

1 pork fillet, about 450 g

2 tbsp oil

Salt

Pepper

Sear the pork fillet on all sides with the oil, season it with salt and pepper, remove it from the frying pan and then leave it to cool.

1 bunch of parsley, flat-leaved

2 sprigs of thyme

2 sprigs of rosemary

100 g dried tomatoes, preserved in oil

Pull the parsley and thyme leaves off the stalks, strip the rosemary leaves and chop all the herbs up. Cut the dried tomatoes into strips.

150 g streaky bacon, rashers

1 roll of puff pastry

Lay the slices of bacon out on the work surface, overlapping the slices, to get a rectangular shape in which to wrap the fillet. Spread the herbs and tomatoes over the bacon and press down. Place the fillet on top and wrap it in the bacon. Place the fillet on the puff pastry, fold the shorter edges over the fillet (around 3 cm), then roll it up lengthways. Brush the edge of the pastry with water and press it down to seal.

将发酵桶预加热 顶部加热/底部加热 到 **200°C**

Cover the baking tray with baking paper and lay the fillet on it, with the pastry seam facing down. Decorate with any remaining pastry.

1 egg yolk

1 tbsp milk

放入食物

在 顶部加热/底部加热 期间为 **200 25** 分钟°C

## 配件

Baking tray

## 附加信息

| | |
|---|---|
| 创建时间 | 11.12.2019 |