Fillet of pork in puff pastry

מתכון מאת V-ZUG Ltd.



Preparation	40 Mins
Cooking time	25 Mins
מנות	6
התקן	Combair SL from 2015

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.

(Pre-)heat cooking space to 200 °C with Top/bottom heat

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

Mix the egg yolk and milk together, then brush on the pastry.

Put the tray into the preheated cooking space. Bake.

Put the food in

Top/bottom heat 200 °C for 25 Mins

אביזרים

Baking tray

מידע נוסף

הופק ביום	11.12.2019