Pork fillet with Cider Jus

Pork fillet crushed new potatoes, cider jus, crispy leek, red cabbage puree, gremolata, roast courgette and minted peas

Ingredients (10 portions)

Pork fillet	2kg (untrimmed weight)

Sauce

Cider	250ml
Apple juice	250ml
Meat stock	500ml
Garlic	5g
Thyme	5g
Cornflour	20g

Crushed potatoes

New potatoes	1.25kg
Grain mustard	10g
Olive oil	40ml
Parsley	10g
White wine vinegar	10ml

Red cabbage puree

Red onion	50g
Apple juice	100ml
Apple	75g
Honey	10g
Red wine vinegar	20ml

Gremolata

Parsley	30g
Garlic	5g
Lemon	5g zest

Vegetables

Mint	10g
Peas	500g
Courgette	600g
Leek	50g (for garnish)

Prep list

- Trim pork fillet and roll
- Cider sauce
- Deep fried julienne of leek
- Make Gremolata
- Shred red cabbage
- Courgette cut in triangles

Allergies and Alternatives

GF: gluten free
DF: No Dairy
Vegan / veggie: Cauliflower steak, veggie cider jus, bean purée , gremolata
Nut free: Yes

Blackboard wording

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Method

Cider jus: Stock, apple juice, cider, garlic, thyme, simmer, season, thicken.

Make dressing for crushed potatoes, mix ingredients together.

Boil potatoes until tender, crush and add dressing shape into rounds using pastry cutter, place of baking tray to reheat.

Red cabbage: add liquid and apple to shredded cabbage cook very slowly with cartouche until tender, blitz and pass and season to taste.

Unwrap pork fillet from clingfilm. Season and seal in a frying pan as a whole piece, roast in oven approximately 8-10mins 60°C. Rest.

Gremolata: chop parsley, minced garlic, lemon zest and touch of salt.

Julienne leek: deep fry in 160°C degrees, remove before browned! Drain on paper towel.

Saute/roast courgettes and boil peas, mix together with chopped mint. Keep warm in warmed vegetable bowls.

Service and Presentation

- Plate crushed potatoes slightly off centre, three slices of pork fillet, smear/dots of red cabbage puree.
- Jus over the the pork. Leeks on top of potato, gremolata on leeks.
- Vegetables on table

