



Miele

Pork fillet with creamy mashed potatoes and apples

By Miele

30 minutes

Preparation Time

50 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

Gascony butter

125 g butter, softened
1 garlic clove, crushed
½ tsp sweet paprika
1 tsp Dijon mustard
Pinch cayenne pepper
Pinch ground nutmeg
Salt flakes and pepper, to taste

Sous-vide pork fillet

2 x 400 g piece pork fillets,
silver skin removed
Salt flakes and pepper, to taste

Creamy mashed potatoes

600 g floury potatoes,
peeled and
roughly chopped
100 g butter, diced
125 ml (½ cup) warm
cream, or more
if needed
Salt flakes and white
pepper, to taste

To serve

1 tbsp olive oil
2 green apples, peeled and
cut into wedges
Steamed green beans,
optional

METHOD

Gascony butter

1. Combine all ingredients in a bowl, mix well.

Sous-vide pork fillet

1. Season the pork with salt and pepper and place into a vacuum sealing bag. Place the pork into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.

2. Place the sealed bag onto a rack in the steam oven and Sous-vide at 65-70°C (depending on your preference) for 40 minutes. Once cooked, remove the pork from the bag and pat dry with paper towel.

Creamy mashed potatoes

1. Place the peeled potatoes into a perforated steam container. Place into the steam oven and Steam at 100°C for 35 minutes.
2. Once cooked, press the potatoes through a potato ricer or sieve into a saucepan.
3. Place the saucepan on medium heat, induction setting 6. Melt the butter and add enough cream to achieve your desired consistency. Season to taste with salt and white pepper.

To serve

1. Heat the oil in a frying pan on medium-high heat, induction setting 7. Sear the pork fillet all over until golden brown. Season with salt and pepper and rest in the warming drawer on Keep warm setting 3 while cooking the apples.
2. Reduce the heat to medium, induction setting 5 and add the Gascony butter to the pan.
3. Add the apples and cook for 10 minutes, or until they soften slightly.
4. Cut the pork into 4 equal portions and place each on a plate with the mashed potato, apples and melted Gascony butter. Serve with steamed green beans, if desired.

Hints and tips

- Pork fillets and other lean meats benefit from a slow low cook. Use your oven, warming drawer or sous-vide function in your steam oven to achieve perfect, tender results.
- Gascony butter is a compound butter made from crushed garlic, spices, salt and pepper. Gascony is a region in south-west France near Spain. Any unused butter can be stored in the freezer for up to 3 months.
- This recipe can also be cooked in the Gourmet warming drawer. Place pork on a round baking tray. Set the drawer to Food Setting 5. Cook the pork for 1 hour and 30 minutes, or until cooked through and measuring an internal temperature of 65°C-70°C, depending on your taste.