

THE NEFF KITCHEN



For lovers of food and NEFF appliances.



Honey roasted pork fillet with grilled figs

By Fransje Garland-Frost

Serves: 4

Cooking time: 20 - 30 minutes

Prep time: 2 hours 10 minutes

Function: CircoRoasting and VarioSteam

Cuisine: Traditional

Ingredients

500 g pork fillet, trimmed
 2 tbsp olive oil
 2 tbsp full flavoured honey
 1 tbsp balsamic vinegar
 1 clove garlic, crushed
 1 shallot, finely chopped
 1 tsp grated lemon rind
 1 tbsp lemon juice
 2 tsp fresh thyme leaves
 Salt
 Black pepper
 4 fresh figs, halved

NEFF's CircoRoast and Vario Steam are used to achieve golden colour and to prevent moisture loss. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55-60 g, unless specified.

Method

Place the pork in a large bowl. Add the oil, honey, vinegar, garlic, shallot, lemon rind and juice, thyme, salt and pepper. Stir to combine and then marinate the pork for at least two hours in the refrigerator.

Preheat the oven on CircoRoasting to 190°C with VarioSteam level 1. Remove the pork from the marinade and place on a shallow baking dish. Insert the MultiPoint MeatProbe into the thickest part of the pork and set the internal temperature to 65 – 68°C. Set minute minder for 15 minutes to remind you to add the figs.

While the pork is cooking add figs to the marinade. After pork has cooked for 15 minutes, place the figs around the pork cut side up and pour over all of the marinade. Cook until internal temperature is reached or until pork is cooked to desired doneness. Remove pork from the oven and allow to rest. Figs can be returned to the oven to further caramelize if desired.

Serve pork sliced on the diagonal with figs and spoon over sauce.

Notes

Ensure figs are ripe but not soft. The pork and figs are great served with mashed potato.