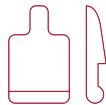




Sous Vide Lemongrass Pork Fillet with Vietnamese Apple Salad



DIFFICULTY: MEDIUM



PREPARATION TIME: 30
MINS



COOKING TIME: 1 HOUR 10
MINS



SERVES: 4

Ingredients

Sous vide pork

- 4 garlic cloves, finely chopped
- 2 x 10cm lemongrass, thinly sliced
- 1 shallot, finely chopped
- 1 red chilli, seeds removed and finely sliced
- 2 tbsp peanut oil
- 1 tbsp soy sauce
- 2 tbsp fish sauce
- 2 tbsp brown sugar
- 1 pork fillet, approximately 600g, trimmed
- 1 tbsp peanut oil, extra

Vietnamese apple salad

- 100g lettuce mix
- 1 handful mint leaves
- 1 handful coriander leaves
- 1 shallot, finely sliced
- 8 cherry tomatoes, cut into quarters

Method

Combine all of the sous vide ingredients in a small bowl and mix well. Place the pork fillet in a vacuum seal bag and top with marinade. Seal vacuum seal bag.

Place the prepared pork on the large perforated stainless steel tray and place in the oven. Select Sous vide and adjust temperature to 65°C. Cook pork for 1 hour. While the pork is cooking prepare the salad.

In a serving bowl, mix together the lettuce mix with the mint and coriander leaves. Top with the shallot, tomatoes and peanuts.

Combine all of the apple pickle dressing ingredients together in a bowl and allow to stand for at least 20 minutes.

After pork has cooked for 1 hour, remove from the oven. Heat a char grill plate or fry pan on Induction level 8 or gas FlameSelect level 8. Remove pork from vacuum seal bag, drain off the cooking liquid and place on a plate. Drizzle pork with the extra peanut oil. Finish the pork by browning on all sides.

Serve the pork fillet sliced on the diagonal with the salad topped with the apple pickle and all of the dressing. Garnish with extra coriander. Serve with steamed jasmine rice if desired.

2 tbsp roasted peanuts, roughly chopped

Extra coriander leaves, for garnish

Apple pickle dressing

1 garlic clove, finely chopped

1 red chilli, seeds removed and finely chopped

2 tsp brown sugar

1 tbsp fish sauce

1 lime, juiced

2 tbsp water

1 red apple, cored and thinly sliced

Notes
