COOKING PASSION SINCE 1877

5 spiced cider infused pork with plum

DIFFICULTY: EASY

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 - 25 MINUTES

SERVES: 4

Ingredients

2 x 400 g pork fillet or 800 g pork loin cutlets
2 tsp sesame oil
2 tbsp olive oil
3 garlic cloves, crushed
2 shallots or spring onions, finely sliced
2 tsp grated ginger
1 tbsp ground Chinese five spice
1 tbsp tamari or light soy sauce
375 ml apple or pear cider
1 kg fresh plums, halved (Blood plums are ideal for cooking)
Toasted sesame seeds, coriander, steamed rice and steamed greens to serve

Method

Place pork into a glass dish; pour over combined oils, garlic, shallots, ginger, spices, tamari and cider. Add plums; cover with plastic wrap and marinate several hours (or overnight, if time allows) in the fridge.
Drain pork and plums from marinade, reserving marinade; place onto a NEFF lightly greased enamel dish. Insert meatprobe horizontally into flesh of pork. Place tray on shelf 3, select 180˚C CircoRoasting® with medium steam. Set core temperature to 68˚C and the oven sets the right amount of time for you. If you don't have a meatprobe, cook for 20 to 25 minutes, depending on the thickness of the meat.
Meanwhile pour reserved marinade in a saucepan; bring to the boil, then turn heat down to medium and reduce marinade; season if needed. Strain and pour over rested pork and plums. Sprinkle with sesame seeds and top with coriander. Serve with rice and greens.

Notes

You can purchase ready to use five spice blends at Chinese food stores. For guaranteed freshness and the best flavour, try making it yourself!

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.

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