CAJUN PORK FILLET WITH PEPERONATA AND HOME MADE FRIES



Menù Ingredients

100 g. Peperonata della casa - Homemade Peperonata - V51
30 g. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
to taste Capperi sotto sale - Salted Capers - U39

Ingredients

180 g. Pork Tenderloin
60 g. Potato Fries
q.s. Frying oil
q.s. Mustard Greens
30 g. Butter
q.s. Garlic
q.s. Parsley
Cajun spice mix

Chef: Maurizio Ferrari

Method

Clean the pork fillet and season it with the cajun spices, put it in a bag and vacuum seal it. Cook it with the sous-vide technique at 60 ° C for 60 minutes. Wash the potatoes and cut them into strips, fry them in oil 2 times. Put the salted capers in water and when they are desalted fry them until they become crunchy. In a frying pan add a drizzle of extravirgin olive oil, garlic, parsley, Peperonata and fried capers, warm up for a minute. Open the bag of the pork fillet,dry it a little with some papaer towel. In a pan with oil and butter brown the pork fillet on all sides. On a plate, place the cutted tenderloin in the center, the Peperonata sauce on one side, the home madde fries on the other, finish with some mustard greens and a drizzle of extravirgin olive oil.

Gluten Free Method

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