

## PORK MEDALLIONS

*with forest mushroom sauce, broccoli and potato croquettes*

### Preparation for 10 portions

#### Pork medallions:

Blend the cooked pork, seasonings, oil and stock to a very fine puree for 5 minutes, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Use 2 spoons to shape the hot mass into small medallions, place on a baking tray and refrigerate for approx. 30 minutes at +6°C.

#### Broccoli:

Blend the broccoli, stock and oil to a very fine puree for 5 minutes. Season with salt and nutmeg. Stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Broccoli" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

#### Potato croquettes:

Blend the crisp-fried potato croquettes, milk, butter and seasonings to a very fine puree for 5 minutes, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Use 2 spoons to shape the hot mass into croquettes, place on a baking tray, sprinkle with ground paprika and refrigerate for approx. 30 minutes at +6°C.

#### Forest mushroom sauce:

Fry the forest mushrooms in oil, top up with gravy and cream, bring to the boil, season to taste and strain through a sieve.

#### Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the forest mushroom sauce over the pork medallions.

#### Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

#### Ingredients

600 g  
400 ml  
  
40 g

#### Pork medallions

Pork fillet (cooked)  
Meat stock  
Salt, pepper, caraway seeds  
GELEAhot

#### Ingredients

500 g  
500 ml  
30 ml  
  
40 g

#### Broccoli

Broccoli (frozen)  
Vegetable stock  
Rapeseed oil  
Salt, nutmeg  
GELEAhot

#### Ingredients

600 g  
300 ml  
100 g

#### Potato croquettes

Crisp-fried potato croquettes  
Milk (cold, 3.5%)  
Butter (melted)  
Salt, nutmeg, ground paprika

40 g

GELEAhot

#### Ingredients

350 ml  
150 ml  
80 g  
20 ml

#### Forest mushroom sauce

Instant gravy  
Cream (30%)  
Forest mushrooms (frozen)  
Rapeseed oil  
Salt, pepper

| Nutrition facts per 100 g*       |                     |
|----------------------------------|---------------------|
| Energy/<br>Calories              | 462 kJ/<br>110 kcal |
| Fat<br>of which saturates        | 7.1 g<br>3.2 g      |
| Carbohydrates<br>of which sugars | 4,8 g<br>1.3 g      |
| Fibre                            | 2.6 g               |
| Protein                          | 6.92 g              |
| Salt                             | 0.5 g               |

\*Calculated without the sauce

