

ROAST PORK

with thyme gravy, carrots and mashed potatoes

Preparation for 10 portions

Roast pork:

Blend the pork, seasonings, oil and stock to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mass to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mass into a "Meat Slice" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Carrots:

Blend the carrots, vegetable stock and seasonings to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Carrots" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Thyme gravy:

Bring the instant gravy to the boil and season to taste with thyme.

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 sauce over the meat.

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	Pork (cooked)
400 ml	Meat stock
	Salt, pepper, caraway seeds
40 g	GELEAhot

Ingredients

500 g	Carrots (frozen)
500 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, nutmeg
40 g	GELEAhot

Ingredients

600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg

Ingredients

500 ml	Instant gravy
5 g	Dried thyme

Nutrition facts per 100 g*	
Energy/ Calories	575 kJ/ 138 kcal
Fat of which saturates	10.0 g 4.6 g
Carbohydrates of which sugars	5.5 g 1.4 g
Fibre	2.3 g
Protein	5.5 g
Salt	0.5 g

*Calculated without the sauce

