

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

#### Ingredients

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

#### Ingredients

600 g	Crisp-fried potato croquettes
300 ml	Milk (cold)
100 g	Butter (melted)
40 g	Salt, nutmeg GELEAhot

#### Ingredients

350 ml	Instant gravy
150 ml	Cream (30%)
80 g	Forest mushrooms (frozen)
20 ml	Rapeseed oil Salt, pepper

Nutrition facts per 100 g	
Energy/ Calories	462 kJ/ 110 kcal
Fat Of which saturates	7,1 g 3,2 g
Carbohydrates Of which sugars	4,8 g 1,3 g
Fibre	2,6 g
Protein	6,92 g
Salt	0,5 g

