

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, add the GELEAhot and stir in 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.

Broccoli:

Blend the broccoli, stock, oil 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 "Broccoli" silicone mould, use the lid to spread it evenly in the mould, then refrigerate.

Potato croquettes:

Blend the deep-fried potato croquettes or duchess potatoes, milk, butter 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. Use 2 spoons to shape the mass into croquettes, place on a baking tray and refrigerate.

Forest mushroom sauce:

Fry the forest mushrooms in oil, top up with meat juice and the 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 the RobotCoupe Blixer 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

Pork medallions

Ingredients

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

Broccoli

Ingredients

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

Potato croquettes

Ingredients

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

Forest mushroom sauce

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	6.9 g
Salt	0.5 g

