



## Apple and Pine nuts Pork Fillet

For 6 persons

Cooking time: 30 minutes

### Ingredients :

- 2 Pork Fillets
- 100g Sliced Cheddar
- 1 Sliced Apple
- 50g Pine Nuts
- 15ml Honey
- 15ml Pink Pepper
- Salt

### Sauce :

- Pork Juice
- 100ml Cream
- 15ml Balsamic Vinegar
- 5ml Soya Sauce
- Salt And Pepper
- 15ml Mix Butter\*

\*mix butter: half butter/half flour

### Preparation :

Open the fillet like a wallet; add salt and cheese on them. Add also apples, nuts, honey, pink pepper and close the fillet. Put them into the *CromoTanium* frying pan, close it and put on the stove on medium heat. When the temperature reaches 40°C, turn to medium/low and keep on cooking till the temperature reaches 75°C. Take it off the stove and set aside the fillet in aluminum foil. Keep the juice to make the sauce into the *CromoTanium* frying pan.

\*Pork is eaten pink.

### Sauce :

Add the cooking juice with all the ingredients of the sauce without the mix butter into the *CromoTanium* frying pan. Put on the stove at medium heat and mix whip it. If your sauce is not thick enough add more butter mix.