

# MURANO

RESTAURANT

## Grilled pork fillet with baked root vegetables and orange sauce

(4 persons)

## Grilovani svinjski file sa pečenim korjenastim povrćem i sosom od pomorandže

(4 osobe)

Ingredients	Pork fillet	800 gr
	Mustard	60gr
	Honey	50 gr
	Garlic	3 cloves
	Soy sauce	20 ml
	Parsnips	300 gr
	Carrots	300 gr
	Thyme	15 gr
	Orange	2 pcs (for sauce)
	Heavy cream	

**Preparation of the marinade (for meat)**  
In a bowl add the mustard, honey, garlic and soy sauce and mix together. Cut the pork fillet to create medallions and pour over the marinade. Leave in the fridge for at least 30 minutes, overnight is recommended for the best flavour

**Side dish preparation**  
In the boiling water, add the salt, carrots and parsnips and boil for 12 minutes. Remove the vegetables from the water and place in a baking tray. Season with salt, olive oil and finely cut thyme. Cut the orange in half and place in the same tray with the root vegetables. Bake at 200 C for 15 – 17 minutes or until it turns a dark gold colour.

**Preparation of the sauce and meat**  
First, marinate the meat and leave in the refrigerator for 30 minutes, or until the preparation of the side dish is complete. Whilst the vegetables are in the oven, heat the pan, season the meat with salt and fry the pork medallions. Once cooked, remove the medallions from the pan and in the same pan add the juice of the baked orange, heavy cream for cooking, salt and pepper. Stir until the sauce is ready.

**Serving**  
To serve, place the port medallions on the plate, then add the baked root vegetables and pour the sauce over the top.

Sastojci	Svinjski file	800gr
	Senf	60gr
	Med	50gr
	Bijeli luk	3 čena
	Soja sos	20ml
	Paškanat	300gr
	Šargarepa	300gr
	Majčina dušica	15gr
	Pomorandža	2 kom (za sos)
	Pavlaka za kuvanje	

**Priprema marinade za meso**  
U posudu dodati senf, med, bijeli luk i soja sos te sve zajedno izblendati. Svinjski file izrezati tako da se kreiraju medaljoni i prelići napravljenom marinadom; ostaviti da odstoji u frižideru najmanje 30 minuta a poželjno je da ostane i preko noći.

**Priprema priloga**  
U ključalu i posoljenu vodu kuvati šargarepu i paškanat 12 min zatim izvaditi povrće u pleh, začiniti ga solju, maslinovim uljem i nasjeckanom majčinom dušicom. Izrezati narandžu na pola i staviti u isti pleh sa povrćem; peći na 200C 15-17 min odnosno dok ne dobije tamno zlatnu boju.

**Priprema sosa i termička obrada mesa**  
Prvo mariniramo meso i ostavimo ga da odstoji u frižideru pola sata odnosno za vrijeme spremanja priloga. Dok je povrće u rerni, zagrijemo tiganj, posolimo meso i pržimo svinjske medaljone. Kad su spremni izvadimo medaljone i u isti tiganj dodamo sok od pečene narandže, pavlaku za kuvanje, so i biber, promutimo i sos je gotov.

**Serviranje**  
Na tanjiru servirati svinjske medaljone, dodati zapečeno povrće i prelići sosom.

