

APPLE & HERB STUFFED BACON WRAPPED PORK FILLET

INGREDIENTS

2 tablespoons olive oil

1 medium apple, peeled and cut into small dice (about 1 cup)

1/4 medium yellow onion, finely chopped (about 1/3 cup)

1 tablespoon chopped fresh rosemary

1 tablespoon chopped fresh thyme

1 to 2 thick slices bread (enough to make 1/2 cup coarse breadcrumbs)

1 tablespoon Dijon mustard

1/8 teaspoon salt, plus more to taste

1/8 teaspoon pepper, plus more to taste

1 pork fillet (650gms)

8 to 10 strips bacon (about 360gms), cut in half

INSTRUCTIONS

Step 1: Heat the oven to 220C. In a pan over medium heat, heat the oil. Add the apple, onion, rosemary, and thyme, and cook for 7 to 9 minutes, or until softened. Meanwhile, pulse the bread slices in a food processor until you make coarse crumbs. You should have about 1/2 cup of breadcrumbs.

Step 2: Remove the pan with the onions and apples from the heat, and stir in the breadcrumbs, mustard, salt, and pepper. Set aside to cool briefly.

Step 3: Cut a deep lengthwise slit down the center of the tenderloin, stopping about 1.5cm from the bottom of the roast. Open it up like a book. Cover with a piece of plastic wrap, and with a mallet or rolling pin, gently pound it until it is of an even thickness.

Step 4: Spread the stuffing in a line along the center of the meat. Bring the edges of the meat together to return it to its original shape. Secure with toothpicks.

Step 5: Lay out the bacon slices on a cutting board, overlapping them slightly. Place the tenderloin on top with the toothpicks facing up. Removing the toothpicks as you work, wrap the bacon slices around the pork to form a log. Place the tenderloin, bacon seam side down, on the baking sheet.

Step 6: Roast for 20 to 25 minutes. If the roast is ready before the bacon browns, place the tenderloin under the broiler for 3 to 5 minutes to brown the bacon.

Step 7: Let the tenderloin rest for 10 minutes before cutting into slices:

Step 8: Serve with the pan juices spooned over top if desired.

THE COOKERY

by The Secret Jozi Chef