



Pork Fillet

with shallots & white wine gravy

Ingredients (Serves 6)

- 1 whole pork fillet (550g)
- 230g fresh mushrooms (3 cups), stemmed and quartered
- 350ml beef stock
- 2 tbsp finely chopped shallots
- 2 tbsp dry white wine or extra beef stock
- 1 tsp snipped fresh rosemary or ¼ tsp dried rosemary, crushed
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 tbsp whole wheat flour
- 1 tbsp water
- 1 tbsp snipped fresh parsley

Method

Coat a very large skillet with cooking spray; heat skillet over medium heat. Add meat to skillet; cover and cook for about 8 minutes or until bottom is browned. Turn meat; cook, covered, about 5 minutes more or until bottom is browned. Add mushrooms, broth, shallots, wine and rosemary. Bring to boil then reduce heat. Simmer, covered, about 10 minutes or until centre of meat registers 75oC. Sprinkle meat with salt and pepper. Transfer meat to a cutting board; cover and let stand for 10 mins. Meanwhile, in a small bowl, stir together flour and the water until smooth. Add to broth mixture. Cook and stir until thickened and bubbly. To serve, cut meat diagonally into slices. Divide meat among serving plates, spoon gravy over meat. Sprinkle with parsley. Serve with boiled potatoes and vegetable medley. Divide meat among serving plates, spoon gravy over meat. Sprinkle with parsley. Serve with boiled potatoes and vegetable medley.

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