



Michel's Kitchen

Roast Pork Fillet with Buttered Savoy Cabbage served with Caramelised Apple and Cider Butter Sauce with Crispy Sage

Serves: 4



Ingredients

6 tablespoons of vegetable oil

Sage

2 pork fillet trimmed and cut in half

1 small savoy cabbage

Pinch of cumin seed

1 Tablespoon of butter

Splash of water

Salt & Pepper

1 large Golden delicious, skinned, cored and cut in 8

100 mls of cider

1 tablespoon of butter

Large Pinch of caster sugar

2 medium sliced shallots

100mls of cider vinegar

375 mls of cider

200 grams of diced butter

Salt & Pepper

Method

Heat the oven to 180C

Firstly, make the cider reduction for the butter sauce. Put the shallots, cider vinegar and cider in a saucepan, bring to the boil and leave to reduce the volume of the liquid to about a fifth.

Crisp the sage: Heat up the vegetable oil in an ovenproof frying pan and when hot gently fry the sage for thirty seconds to a minute. Place on kitchen paper to drain the oil and season with salt whilst hot.

Season the pork fillet with pepper and salt, use the ovenproof pan that you cooked the sage in, using a little of the sage oil, sear the meat all around to a golden colour and cook in oven for four to five minutes maximum. Aim to cook the pork medium, pink in the middle. When the pork fillet is cooked, remove from oven, place on plate and cover with foil to keep warm and to rest the meat.

To cook the cabbage: Melt the butter in a medium size pan, add the cumin seed, and cook for a minute or so, without colouring. Add the savoy cabbage, splash of water, salt & pepper and mix together, cover with the lid and leave to cook gently for approximately four to five minutes, until the cabbage is soft.

To cook the apples: Use the frying pan from the pork fillet. Add a tablespoon of butter, place the apples in the pan, sprinkle sugar over the apples and gently caramelize for two or three minutes. Add the cider and turn the apples to ensure all covered in cider. Cook the apples until they are soft in the middle, the liquid has evaporated and the apples are becoming glazed.

To finish the Butter Sauce:

From the reduction you should have a syrupy liquid in the bottom of the pan. Add the pieces of diced butter and whisk the butter into the reduction. Season with salt & pepper then strain.

To Serve:

Place a portion of savoy cabbage in the middle of a plate, place the sliced pork and caramelised apple over the cabbage and drizzle the cider butter sauce over the dish. Garnish with the crispy sage.

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