

Pork rolled prunes with mashed carrots

CUISIMAGES

Ref :
3203

Type :
Pork

Preparation :
20 mn
Rest :

Cooking :
45 mn

Cost :


Difficulty :


Origin :




For 6 persons

- 12 slices of pork filet
- 30 pitted prunes
- 8 carrots
- 1 tablespoon of chicken stock
- 40 grams of butter
- 200 ml of fresh cream
- 1 small glass of apple-brandly
- 1 bouquet of bay leaves and thyme
- Salt and pepper



Peel carrots, wash and cut them into large chunks; plunge them in 1 litre of boiling water and cook for 30 min.



Prepare the rolls by wrapping 2 prunes in each slice of pork and use a toothpick to hold each together.



In a frying pan, melt 30 grams of butter.

Brown the pork rolls 4 min on each side.

Sprinkle apple-brandly and flame.



Dilute 1 tablespoon of chicken stock in 250 ml of water and pour it in the frying pan.

Add bay leaves and thyme, salt, pepper and cook covered for 25 min.



Mix carrots, add the remainder of butter and 2 tablespoons of fresh cream. Mix.

Remove meat from of the frying pan, leaving juice.

Reduce juice by cooking over a brisk heat.

Turn off fire, add the remainder of fresh cream. Salt and pepper.

Coat the rolls of pork with this sauce, accompanied by the mashed carrots.



Recommandation

Variante

Wines

Costières de Nîmes