

SOUS-VIDE SWEET AND SOUR IBERICO PORK TENDERLOIN

METHOD

- 01** Marinate the pork tenderloin with soy sauce, oil, salt and sugar then put in a vacuum sealing bag. Vacuum seal in the Miele vacuum sealing drawer with level 3 vacuum and level 2 sealing setting.
- 02** Then sous-vide in the Miele steam oven at 65°C for 40 minutes.
- 03** Take out the pork tenderloin, then wipe it dry with a cloth. Set aside.
- 04** Peel the green asparagus and put into the Miele steam oven, steam at 95°C for 2 minutes, set aside.
- 05** Make the sweet and sour sauce. Stir-fry ginger with a pot, then add Chinese vinegar and rock sugar. Let it simmer for a while then turn off the heat.
- 06** Heat another pan at high heat until there's white smoke. Turn to low heat, add oil and sear the pork.
- 07** When the pork tenderloin is seared, add the sauce into the pan. Turn it off when the sauce is heated.
- 08** Place the asparagus on the plate. Slice the pork tenderloin and put on top, then glaze it with the sauce. Ready to serve.

INGREDIENTS

Iberico Pork Tenderloin ...	1 pc (Around 250 g)
Asparagus	3 pcs
Oil	30 ml
Corn Starch	15 g
Soy Sauce	15 ml
Sugar	1 tsp
Salt	Moderate

Sweet and Sour Sauce

Ginger	3 slices
Rock Sugar	60 g
Chinese Vinegar	150 ml

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Tips

- Preserved orange skin can be added to the sauce for a bitter-sweet taste.
- Ensure the ingredients can be cooked in low temperature for sous-vide cooking.



1 h



2~3 persons

Miele

真空慢煮糖醋 伊比利亞豬柳

做法

- 01 把豬柳用生抽、油、鹽、糖醃好置真空袋內，然後放入抽真空處理櫃，以Miele真空處理櫃以第3級吸力及第2級熱力密封。
- 02 放入Miele蒸爐內以攝氏65度慢煮40分鐘。
- 03 從蒸爐取出豬柳，用布抹乾，備用。
- 04 青蘆筍去皮後放入Miele蒸爐內以攝氏95度蒸煮2分鐘，備用。
- 05 製作糖醋汁。先在鍋中炒香薑片，加入黑醋及冰糖。炒煮片刻，然後熄火。
- 06 以大火燒熱平底鍋直至有白煙飄出。轉換至低火，加入油煎香豬柳。
- 07 煎香豬柳後，加入醬汁煮熟後熄火。
- 08 將青蘆筍放在碟上。把豬柳切開放在蘆筍表面，再把醬汁淋上豬柳，即可享用。

材料

伊比利亞豬柳	1 條 (約 250克)
青蘆筍	3 條
油	30毫升
粟粉	15克
生抽	15毫升
糖	1 茶匙
鹽	適量

糖醋汁

薑	3片
冰糖	60克
黑醋	150毫升

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貼士

- 製作糖醋汁時可以加入果皮，令醬汁增加淡淡甘醇香味。
- 真空慢煮時，選擇食材必須留意食物安全，注意該食材是否適合低溫處理。



1 小時



2~3 人份