

pork fillet with cider sauce

Serves 2-3

1 pork fillet
salt and freshly ground black pepper
1 tsp oil
2 tbs Calvados
150ml strong chicken stock (or pork/ham)
150ml dry cider
few drops of lemon juice
1 tsp chopped parsley

- Trim the pork fillet of any fat and white membranes, season with salt and pepper.
- Heat a large frying pan with the oil and when scorching add the fillet (you may need to cut it in half). Turn the heat down to medium and continue to cook until the pork is a deep golden colour on the outside.
- Heat the Calvados in a ladle and light with a flame. Tip over the pork and shake the pan until the flames subside.
- Turn the heat down low and cover the pan, continue to cook the pork until it is firm (you may need to add a little water to the pan).
- Remove the pork to a plate to rest (keep warm) and tip off any excess fat from the frying pan.
- Add the chicken stock and cider and bring to the boil. Reduce the liquid by simmering until the sauce is a light syrup consistency.
- Taste and season with a few drops of lemon juice and salt and pepper.
- Slice the pork on the diagonal into 1" thick slices, arrange in the centre of the plates and pour the sauce over and around the meat.
- Sprinkle with chopped parsley and serve.