

Miele

Soy and sesame glazed pork cutlet with pickled shiitake mushrooms and leek

By Miele

40 minutes

Preparation time

1 hour 10 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Soy and sesame glazed pork cutlet

4 Frenched pork cutlets (800 g)
1 tbsp (20 ml) vegetable oil
3 cm piece ginger (15 g), skin on, sliced
½ bunch spring onion, thinly sliced
250 ml (1 cup) chicken stock
2 tbsp (40 ml) toasted sesame oil
185 ml (¾ cup) cooking sake
125 ml (½ cup) low salt soy sauce
125 ml (½ cup) mirin
100 g caster sugar
3 garlic cloves, crushed

Soy broth

1 litre chicken stock
½ bunch spring onion, cut into 5 cm lengths
3 cm piece ginger (15 g), unpeeled, thinly sliced
3 star anise
1 tsp black peppercorns
80 g (1/3 cup) light soy sauce
2 tbsp sugar
1 tbsp honey

Pickled shiitake mushrooms and leek

100 g shiitake mushrooms
2 leeks, cut into 8 cm lengths and halved lengthways
375 ml (1 ½ cups) rice wine vinegar
75 g (1/3 cup) caster sugar
4 cm piece fresh ginger (20 g), unpeeled, thinly sliced
2 star anise
2 strips orange peel

METHOD

Soy and sesame glazed pork cutlet

1. Combine pork cutlets and oil in a large vacuum sealing bag and Vacuum on level 3 and Seal on level 3.
2. Place bag onto a rack in the steam oven. Sous-vide at 62°C for 1 hour.
3. Preheat a medium saucepan on high heat, induction setting 7. Place ginger, spring onion, chicken stock, toasted sesame oil, sake, soy sauce, mirin, sugar and garlic in saucepan. Bring to the boil.
4. Reduce heat to simmer, induction setting 6 and reduce by two thirds, or until slightly thickened.

Soy broth

1. Place all ingredients into an unperforated steam container and place in steam oven for 1 hour with the pork cutlets.
2. Strain and reserve liquid for serving.

Pickled shiitake mushrooms and leek

1. Lay shiitake mushrooms and leek into an unperforated steam container and cover with vinegar, sugar, ginger, star anise and orange peel.
2. Place in the steam oven for 1 hour with the pork cutlets.
3. Remove and allow to cool.

To serve

1. Preheat a large saucepan on high heat, induction setting 8 for 3 minutes.
2. Add the oil and cook the pork cutlets for 1 minute each side, or until browned.
3. Add the soy and sesame glaze and cook briefly to coat the pork in the glaze.
4. Place bok choy into a perforated steam container. Place into the steam oven and Steam at 100°C for 3 minutes.
5. Arrange bok choy, shiitake mushrooms and leek in serving bowls.
6. Top with sliced pork chop and fill each bowl with 250 ml of broth.
7. Garnish with toasted sesame seeds, additional sesame oil and micro basil, if desired.

Hints and tips

- Toasted sesame oil has a deeper flavour than traditional sesame oil, it can be substituted with sesame oil if you can't source toasted sesame oil.
- Substitute dried shiitake mushrooms if you cannot find fresh. Soak in hot water for 30 minutes before using.
- Please note our recipes are developed using tablespoons that hold 20 ml (4 teaspoons).