

BERRY SENSATION PORK FILLET WITH WILD RICE SALAD



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Used Teas



Exceptional Berry
Sensation



Berry Sensation Tea
with natural Indian
Sarsaparilla

Ingredients



BERRY SENSATION PORK FILLET WITH WILD RICE SALAD

Berry Pork

- 1kg free range pork fillets
- 4 tbsp brown sugar
- 2 Dilmah Berry Sensation tea bags
- 4 tbsp rice wine
- 4 scallions/spring onions
- 2 tbsp grated ginger
- 4 tsp salt
- 3 tsp Szechuan peppercorns crushed
- 3 drops of sesame oil

Wild Rice Salad

- 300g wild rice
- 6 cherry tomatoes
- 1 small red radish

Methods and Directions

BERRY SENSATION PORK FILLET WITH WILD RICE SALAD

Berry Pork

- Combine wine, salt, brown sugar, and peppercorns in a large bowl.
- Cut scallions into 2 inch long pieces and flatten with the side of a cleaver. Add scallions and ginger root to bowl.
- Place pork in bowl and rub the mixture until the fillet is well coated.
- Let marinate in the refrigerator overnight.
- Remove pork from marinade and roast for 15 minutes.

Wild Rice Salad

- Boil wild rice in water until cooked.
- Halve tomatoes and thinly slice radish.
- Serve pork on top of the rice salad