



Silly name? Yes. Tasty? Yes! There was a piece of butterflied Pork Loin in the discount fridge an the supermarket and at £1.73 I though we could make something just a bit different with it. We had an Asian style dinner a few days ago so we had various bits & bobs to use up. So a bit of a fusion dish came to mind. A Beef-less Wellington crossed with hot Sushi sort of gig?..

Ingredients:-

Pork Loin, butterflied and flattened
Polish Salmon Pate
Dried Seaweed (Dulce), soaked to rehydrate
2 Eggs, beaten for an Egg wash
½ a White Onion, sliced and 3 cloves of Garlic, minced
Gluten free Bread, processed for Breadcrumbs
Hot Chilli powder
Oil to fry

Method:-

- (1) Gently fry the sliced Onion until translucent add the minced Garlic and fry over a low heat for a further 2 minutes.
- (2) Set aside to cool.
- (3) Mix the Breadcrumbs and Chilli and set aside.
- (4) With a sharp knife cut two further slits through the thickest part of the meat so that you can open the fillet out flat. Batter it with a rolling pin if it won't play.
- (5) Spread the Pate over the inner surface of the meat so that you have an even layer about 4mm deep.

- (6) Add a line of the Onions / Garlic in the centre of the meat stopping just short of the ends.
- (7) Add a similar line of the Seaweed over the Onion / Garlic.
- (8) Roll the fillet up so there is a slight overlap and all the filling is encased.
- (9) Coat on all sides with Egg wash and coat with Breadcrumbs.
- (10) Lay on a tray and place in a preheated oven at 170c.
- (11) Cook uncovered for 25 to 30 minutes until the Breadcrumbs are starting to brown. If you have a probe you are looking for 75c in the middle of the roll. Don't over cook as Pork fillet can become quite tough if it's over done.

We served ours on a bed of stir-fried Vegetables and Rice noodles dress with Fish and Soy Sauce.