

PORK FILLET IN PARMA HAM

WITH A WHITE WINE CREAM SAUCE

I used to make this with the pork wrapped in Parma ham and then an outer layer of puff pastry but now we generally serve it without. If you like that idea, the only thing to change in the recipe is to wrap the Parma ham covered fillet in the pastry immediately before putting it in the oven, and then cook at 200 degrees for the first 10 minutes. When you remove it from the oven, rest it on a cooling rack over a tray, so that the bottom of the pastry isn't sitting in the juices.

INGREDIENTS

PORK

1 pork fillet – depends on the size as to the number of people it will serve.
3 tsp finely chopped fresh rosemary
6 slices of Parma ham – depends on the size of the slices and the size of the fillet
black pepper

SAUCE

30 gm butter
80 gm button mushrooms, chopped
60 gm shallots, finely chopped
1 pinch curry powder
200 ml dry white wine
1 sprig rosemary
1 sprig thyme
1 bay leaf
200 ml chicken stock
250 ml double cream
1 tsp English mustard powder, dissolved in a little water

INSTRUCTIONS

Roll the pork fillet in the rosemary and rub it well in and all over the fillet. Don't be too heavy with the rosemary – it flavours it, but it shouldn't be stronger than the flavour of the other ingredients. Add some black pepper and rub well in. I don't add salt, because of the saltiness of the ham.

Lay the slices of ham down so that they slightly overlap, and tightly wrap the pork fillet in the ham. You shouldn't need to attach it in any way, but just mould it with your hands. Wrap tightly in cling film and leave in the fridge until you are ready to cook. Heat the oven to 180 degrees.

Remove the cling film and place the pork on a baking tray. Cook for around 40 minutes (depending on the size of the piece). You should turn the pork half way through so that both sides of the ham become crispy. The pork should be cooked, but still moist in the centre. Rest, covered lightly with tin foil for 10 minutes (but it will stay hot for longer if necessary). Use a sharp knife and slice thinly. Place a spoonful of the sauce on each plate and lay the slices on top.

For the sauce: melt the butter in a small saucepan and add the mushrooms and shallot. Sweat for about five minutes – they don't need to be coloured. Stir in the curry powder and add the wine. Bring to the boil and add the herbs. Reduce the liquid by half, then add the chicken stock. Boil for about 5 minutes. Then add the cream and mustard, and cook until the sauce is a thin coating consistency. Leave the sauce to rest for an hour or so, if you have the time. Then sieve the sauce through a fine sieve, pushing with a wooden spoon to extract as much flavour as possible. Adjust the seasoning. Reheat gently when needed.