



Maple Pork Fillets Stuffed with Pears and Walnuts

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine L'Angélique

PORTIONS: 6

PREPARATION: **45 MINUTES**

TRADITIONAL COOKING: **1 HR 30 MIN**

HYPOTOXIC COOKING: **4 HRS**

INGREDIENTS

Stuffed fillets:

- 2 pork fillets, about 454 g (1 lb) each
- 30 ml (2 tbsp) olive oil
- 200 g (2 cups) leeks, cut into 3/4-inch (2 cm) slices
- 5 green onions, chopped
- 80 g (1/4 cup) maple syrup
- 3 pears, peeled and cubed
- 50 g (1/2 cup) walnuts, chopped
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) ground ginger
- 1 pinch ground cloves
- 2.5 ml (1/2 tsp) salt
- 1 pinch of pepper
- 2 slices of bread, cubed
- Walnuts, for garnish

Maple sauce:

- 120 g (1/2 cup) white wine
- 105 g (1/3 cup) maple syrup
- 30 ml (2 tbsp) Dijon mustard
- 15 ml (1 tbsp) balsamic vinegar
- 30 ml (2 tbsp) tapioca starch diluted in the same amount of water

PREPARATION

Stuffed fillets:

1. Using a sharp knife, split the fillets lengthwise, taking care not to separate them completely and not cut to the end, so as to create a pouch that can accommodate the stuffing. Set aside.
2. In a large skillet, heat oil. Sauté leeks and green onions over medium-low heat for 4 to 5 minutes.



I'm so happy to share my maple pork tenderloin stuffed with pears and nuts, a real delight for the taste buds!

3. Add maple syrup, pears, nuts, spices, salt and pepper. Bring to a boil and simmer over low heat, stirring, until the syrup caramelizes (excess water will have evaporated).
4. Add the bread cubes and mix well. Remove from heat and let cool for about 15 minutes.
5. Place the stuffing inside the 2 fillets and tie them with a baking string. Place them gently in a 9"x 13" (22 cm x 33 cm) oiled pan. Place a few walnuts on top of the fillets, halved, for garnish.
6. **Traditional cooking:** Preheat the oven to 165 °C (325 °F).
Hypotoxic cooking: Preheat the oven to 110 °C (230 °F).

Maple sauce:

1. In a small saucepan, combine white wine, maple syrup, Dijon mustard and balsamic vinegar. Bring to a boil and add the tapioca starch mixture, stirring constantly with a whisk until thickened. The sauce will be thick but will liquefy during cooking. Pour it into the pan, alongside the pork fillets.
2. Cover and bake on the centre rack of the oven, depending on the time mentioned above for the chosen cooking method.