

Vietnamese pork skewer, mango and ginger garnish, fried onions

Recipe for 4 personnes

Description

A little trip to Vietnam with sweet and salty brochettes.

Note

It is perfectly possible to replace pork with beef.

Ingredients

Skewers

- 600 Gr Filet mignon of pork
- 25 Ml Fish sauce Nuoc-mâm
- 25 Ml Maple syrup
- 10 Ml Water
- 2 Clove(s) Garlic
- 100 Gr Onion
- 0.50 Stick(s) Lemongrass
- 4 Unit(s) Skewer sticks

Toppings

- 20 Ml Sugar
- 20 Ml Fish sauce Nuoc-mâm
- 40 Ml Water
- 1 Unit(s) Lime
- 2 Tbsp Ginger paste
- 2 Unit(s) Yellow mango
- 6 Sprig(s) Coriander
- 1 Unit(s) Bird's eye chili
- 50 Gr Fried onions

Preparation

- Preparation time **60 mins**
- Resting time **30 mins**

Preparation

Peel the onion and the garlic, chop the onion, the lemongrass and the bird pepper.

Cut the mango in julienne, recover the juice of the lime, éffeuillez the coriander.

Cut the pork tenderloin into cubes (2 cm square).

Skewers

Skewer the pork cubes and place them on a plate or dish.

In a bowl, pour the fish sauce, maple syrup, water, garlic, onion and lemongrass, mix well.

Pour the marinade over the pork brochettes, cover with plastic wrap and keep in the refrigerator for 45 minutes to 1 hour (take the time to turn them over 2 to 3 times).

When ready to serve, remove the brochettes from the marinade and cook them in a frying pan (or grill) over direct heat for 2-3 minutes on each side.

Remove the brochettes, deglaze the pan with the marinade, this will allow to recover the cooking

juices.

Toppings

In a small saucepan, combine the water, fish sauce and sugar.

Heat slightly to melt the sugar into the liquid (do not boil).

Remove the pan from the heat and add the lime juice.

Once cooled, add the ginger paste and bird's eye chili and mix well.

Just before serving, gently mix the mango julienne into the sauce.

On the plate

In the bottom of a bowl or soup plate, place the seasoned mango julienne.

Gently add 1 pork skewer, drizzle with sauce, sprinkle with fried onions and coriander leaves.

Bon appétit!