

Mary Berry's sticky soy and ginger pork fillet

If you're looking for a speedy but delicious roast, the cooking legend that is Mary Berry may have the answer.

Mary has worked in the food industry for more than five decades and is now back in the limelight with a new TV series and accompanying cookbook, *Love To Cook*.

"I enjoy so much the teaching side," says the Bath-born food writer and presenter, adding that, "Every recipe is achievable. It's not too many ingredients, and they're the sort of recipes that your family will go through."

The 86-year-old adds: "For this recipe roasting a whole fillet is so quick to do and the delicious marinade makes it easy and full of flavour.

"There is enough marinade here for a sauce, too. Make sure you heat it well before pouring over the cooked pork."



INGREDIENTS (SERVES 4)

- 1 large pork fillet (600g/1lb 6oz)
 - 4 spring onions, finely shredded into long, thin strips
 - 1 red chilli, deseeded and thinly sliced
 - 2tbsp chopped coriander
- For the marinade:
- 4cm (1½in) fresh root ginger, peeled and grated
 - 2 garlic cloves, crushed
 - 4tbsp soy sauce
 - 2tbsp sweet chilli sauce
 - 3tbsp honey

METHOD

1. To make the marinade, measure all the ingredients into a dish and mix well.
2. Trim any sinew from the fillet and discard. Sit the fillet in the marinade, season with salt and black pepper and turn to coat until all the fillet is covered. Leave to marinate for a few hours in the fridge.



3. Preheat the oven to 220°C/200°C fan/Gas 7 and line a small roasting tin with non-stick baking paper.

4. Remove the fillet from the marinade (reserving the marinade to use later) and sit it in the roasting tin. Roast in the oven for 25-30 minutes, until golden brown and cooked through.

5. Remove the fillet from the roasting tin and set aside on a board to rest. Cover with foil and leave for five minutes before carving.

6. Place the reserved marinade in a small saucepan and place over a

medium heat. Bring to a simmer, stirring occasionally.

7. Carve the pork and arrange on a platter. Pour the hot marinade over the top and scatter with the spring onions, red chilli and coriander. Serve with rice or noodles.

MARY'S TIPS...

- Can be marinated up to eight hours ahead. If serving cold can be roasted up to four hours ahead.
- Freezes well raw in the marinade.
- **Love to Cook** by Mary Berry is published by BBC Books, £26