



According to Wikipedia - ?The Parmo, or Teesside Parmo, is a dish originating in Middlesbrough, Teesside,a popular item of take-away food in North East England. It consists of a breaded cutlet of chicken or pork topped with a white béchamel sauce and cheese, usually cheddar cheese.?

OK, I?m sure we?ll get in bother for fiddling with a classic hearth attack on a plate dish ? But do we care? The Pork Shoulder steaks were on offer at £2.03 for 5. So off they shuffled individually rapped to the freezer.

This might sound a bit time consuming, but it was worth it!

Ingredients:-

1 Pork Shoulder steak per person
Egg for an Egg wash
Seasoned Breadcrumbs (Gluten free in our case)
Italian style grated Cheese

For the Tomato sauce:-

1 tin of chopped Tomatoes
Onion Salt
Garlic Salt
Mixed Herbs
A dash of Cider Vinegar

To Dress:-

Crated Cheddar Cheese
Italian style grated Cheese
Dried Basil

Method:-

- (1) Mix the Italian style grated Cheese into the Breadcrumbs and set aside.
- (2) Beat the Egg to make an Egg wash.
- (3) Coat the Pork on both sides with Egg wash and then coat in Breadcrumbs on all sides.
- (4) In a pan add all the Tomato sauce ingredients and simmer for 20 minutes.
- (5) Fry the steaks on a medium heat on both sides until golden brown and cooked through.
- (6) Spoon the Tomato sauce over each steak.
- (7) Heat the grill.
- (8) add lots of the grated Cheese and Basil mix over the Tomato sauce.
- (9) Place under the grill until the Cheese has melted and crisped slightly.

We served ours with handmade stuffing balls and hand cut chips. A bit of an odd combination, but really tasty??.