

Pork loin steaks are one of the cheapest cuts available at the moment. They can also be a bit dry so Sue effectively battered these which held the moisture in the meat and created a very tasty coating.

Ingredients:-

Pork loin steaks
Plain flour (Gluten free works fine)
Salt and Pepper
Chilli flakes
Onion Salt
Garlic Salt
Paprika
2 Eggs beaten
Oil to fry
White Wine Vinegar

Method:-

Flatten the Pork between cling film with a rolling pin (Good stress relief if you've had a bad day!).
Season the Flour with the other dry ingredients.
Dip in the beaten Egg then coat in the season flour mix.
Fry for 3 minutes on each side.
Remove most of the oil and add a good glug of White Wine Vinegar.
Fry for a further minute on each side.

We served ours with hand cut clips, a fresh salad and Coleslaw.