

PORK ESCALOPES WITH LEMON, GARLIC & ROSEMARY

• SERVES 4

4 slices gluten-free white bread,
whizzed into fine breadcrumbs
zest of 1 lemon
2 garlic cloves, finely chopped
1 tbsp finely chopped rosemary
2 tbsp cornflour, seasoned with
salt and freshly ground black
pepper
4 x 100 g pork fillet slices
2 eggs, beaten
3 tbsp light olive oil
salt and freshly ground black
pepper

The tenderness and delicate flavour of pork fillet contrasts beautifully with the crisp herby breadcrumb coating. Serve these delicious escalopes with a lightly dressed green salad. Blend the breadcrumbs, lemon zest, garlic and rosemary in a food processor until well mixed. Season with salt and pepper, and spread over the bottom of a large, shallow dish. Sprinkle the seasoned cornflour over the bottom of a separate dish, and pour the beaten egg into another. For the pork escalopes, first place the pork fillets between 2 sheets of greaseproof paper, then use a rolling pin or the base of a pan to flatten to 3 mm thick. Next, press both sides of each pork escalope in the flour, cover in beaten egg and finally coat both sides in the breadcrumb mixture. Gently shake each breaded escalope to remove any loose crumbs, and place on a large dish ready for frying. Heat the olive oil in a large ovenproof frying pan. Fry 2 pork escalopes at a time, for 4–5 minutes on each side until the breadcrumb crust is golden and crisp, and the juices run clear when the pork is pierced with a skewer. Serve immediately.