



Around the World for £4 or less took us to Latvia for ?L? yesterday evening. The following is certainly not traditional, Sue though the recipe was a bit boring so she added her unique twist. We probably went over budget as well, but the Karbonade was a meal on its own without crispy frying the Pork and certainly without the giant Yorkshire pudding!

Ingredients:-

4 Pork Chops, cut into strips
Spring Cabbage, sliced
1 Carrot, cut into batons
2 Eggs
Oil for frying
Salt & Pepper to taste
2 tbsp of Butter / Margarine
1 Onion, chopped
Mushrooms, chopped
Single Cream
1 tbsp Lemon juice
2 tbsp Dill

Method:-

- (1) Season the Pork with Salt & Pepper.
- (2) Heat Oil on a medium heat.
- (3) Put flour (We used Gluten Free) on a plate
- (4) Beat the Eggs in a bowl.
- (5) Dredge the Pork in flour and then Egg.

- (6) Fry for 3 to 4 minutes until golden brown and set aside.
- (7) Return the pan a medium heat, add Onions and cook until softened.
- (8) Add chopped mushrooms, Carrot and Cabbage, stirring occasionally.
- (9) Add Cream and cook for a further 2 minutes.
- (10) Stir in the Lemon juice and Dill
- (11) Season to taste with Salt and Pepper.

We served our Karbonade I a giant Yorkshire Pudding with the crispy fried Pork over the top. Traditional? I suspect not in the slightest!