



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 chips, a fresh salad and Coleslaw.