

Pork Scallopini

Serves 2

The term scaloppini refers to thin slices of meat. In this recipe we pound the eye of a pork chop into a thin, tenderized cutlet, dredge it in flour and egg and then fry it. It is a quick meal that makes great leftovers. Combine the meat with the Red Pepper sauce and some steamed broccoli for a colorful and tasty meal.



Ingredients:

- 2 pork chops
- 1/4 cup flour
- 1 egg
- 1 grind of sea salt
- 1 grind of fresh pepper
- 1 Tbsp. olive oil

Equipment

- Mallet
- Tongs for handling chops during dredging

Pork Scallopini:

☑	Directions	Time (min)
	Prepare the ingredients for the Pepper Jelly Sauce but do not heat (see separate recipe)	10
	Cut the lean eye out of two pork chops	2
	Place one of the pieces of pork in a plastic bag. Pound with a mallet to 1/4" thickness. Repeat with the second piece.	4
	Place 1/4 cup flour in a shallow bowl	1
	One grind each of salt and pepper in the flour. Mix to combine.	1
	Break 1 egg into another shallow bowl and whisk	2
	Heat 1 Tbsp. olive oil in fry pan	1
	Using tongs, dredge one piece of pork in flour, then egg, then flour again	1
	Place in fry pan. Repeat with second piece of pork.	4
	Fry until golden on one side then flip and fry until golden on both sides	2
	Stack pork in one side of the pan	1
	Prepare the red pepper sauce in the hot pan as directed	1
	Plate the pork, pour hot sauce over meat and then garnish with slices of scallion. Serve while hot.	1
	Total	