

View from the Fridge – Recipes from Brian Donkin

Recipe # 77 – Escalope of Pork Milanese

Preparation time: 15 min – Cooking time: 15 mins

Ingredients:

6 x 75gms slices of boneless pork loin
1 heaped tablespoon flour
1 egg, beaten and then add to 1 wine glass of milk
4 heaped tablespoon white breadcrumbs
1 wine glass of tomato concasse (see Sauces and Side Dishes)
1 level teaspoon of chopped parsley
25gms butter
½ glass of olive oil
300gms spaghetti
salt and pepper

Method

1. Dip each slice of pork into flour, then egg mix and then breadcrumbs - place to one side
2. Put spaghetti in a large pot of boiling, salted water with a touch of oil. Bring to the boil and cook for 10 minutes. Remove from heat, add a cup of cold water, strain.
3. Put pot back on stove with half of the olive oil over a hot heat. Add the spaghetti, the tomato concasse, chopped parsley and salt and pepper. Mix together with a wooden spoon over a hot heat for 1 minute.
4. Heat frying pan and add olive oil, butter and escalopes of pork, Cook for 90 seconds on each side.
5. Serve immediately with spaghetti on side.

Serves 3

