

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

INGREDIENTS

4 pork escalopes

115g (4oz) fresh white
breadcrumbs

50g (1¾oz) toasted pine
nuts, chopped

75ml (3tbsp) freshly chopped
basil

30ml (2tbsp) plain flour

2 medium egg, beaten

30ml (2tbsp) olive oil

4 x 15g (½oz) slices Edam
cheese

4 slices Parma ham

CRISPY PORK ESCALOPES WITH EDAM



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TENDER PORK ESCALOPES ARE COOKED IN A PINE NUT AND BASIL CRUMB, TOPPED WITH MELTED EDAM CHEESE. FOR A SPECIAL OCCASION SERVE WITH A SLICE OF PARMA HAM.

1. Preheat the oven to 190°C, 375°F, gas mark 5.
2. In a bowl, mix together the breadcrumbs, pine nuts and basil.
3. Dip each escalope in the flour, then the egg mixture, then coat in the breadcrumbs.
4. Heat the oil in a frying pan and cook the pork for 1 minute each side, until lightly golden. Place on a non-stick baking tray and cook for a further 3 minutes, add the slice of cheese, return to the oven and cook for a further 2 minutes until the cheese has melted and the pork is cooked through.
5. Place on a plate. Add a slice of Parma ham and serve with roasted tomatoes and sugar snap peas or mangetout.



CHEFS TIPS

- If you can't buy pork escalopes, buy pork leg steak, place between two sheets of cling film and bash out to 0.5cm thickness. Replace the pine nuts for walnuts and the basil for fresh sage for a different flavour.
- To toast pine nuts, place in a dry frying pan over a moderate heat and cook for a few minutes, stirring occasionally, until lightly toasted.