



Dancing John's Bolognese-Style Pork Cutlets

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 20 minutes

This is a poor man's veal. The pounded pork is very tender. The "roller pinned" panko gives the pork a thin unobtrusive coating. Where did the pursuit go? It disappeared into pork and adds a little saltiness. The sauce makes for a buttery/garlicky finish.

- 2 1/2 cups panko bread crumbs**
- ground black pepper**
- 1 cup flour**
- 2 large eggs**
- 1 1/4 pound pork tenderloin, trimmed of silver skin and patted dry**
- 4 slices prosciutto (about 2 ounces total)**
- 12 tablespoons vegetable oil, divided**
- 4 ounces Parmesan cheese (without rind), shredded on the small holes of a box grater (2 cups)**
- 4 tablespoons butter (1/2 stick) cut into 4 pieces**
- 3 cloves garlic, finely grated**
- 3/4 cup low-sodium chicken broth**
- 2 tablespoons lemon juice, plus lemon wedges to serve**

OK, so it takes a lot of time and steps. It's worth the trouble.

TIP: Don't pound the pork without using plastic wrap. The plastic wrap prevents the meat pounder from sticking to the meat, thereby helping to avoid tears. This is especially important when the meat is pounded very thin, as it is here.

TIP: After pounding the cutlets, season them **ONLY** with pepper, not with salt, as the prosciutto and Parmesan provide lots of salinity.

TIP: When adding the water to the pan of fried cutlets, make sure to pour it around them, not on them.



Per Serving (excluding unknown items): 1171 Calories; 71g Fat (54.7% calories from fat); 56g Protein; 75g Carbohydrate; 4g Dietary Fiber; 236mg Cholesterol; 1069mg Sodium; 5g Total Sugars; 1mcg Vitamin D; 496mg Calcium; 7mg Iron; 848mg Potassium; 757mg Phosphorus.

READ TIPS !!

PREP DREDGES (10 minutes):

Place the panko in a large a zip-close bag and seal. Run a rolling pin over the panko until finely crushed. Empty into a pie plate or wide shallow bowl, then stir in 1/2 teaspoon pepper.

In a second similar dish, stir the flour and 1 teaspoon pepper. In a third dish, beat the eggs with a fork.

PREP PORK (10 minutes):

Cut the pork tenderloin in half crosswise, making the tail-end slightly larger, then cut each piece in half lengthwise. Place 2 pieces between 2 large sheets of plastic wrap. Using a meat pounder, gently pound each piece to an even 1/8-inch thickness. Repeat with the remaining pieces.

Season both sides of each cutlet with pepper, then lay a prosciutto slice on each cutlet. Re-cover with plastic wrap and gently pound so the prosciutto adheres.

DREDGE & REFRIGERATE (20 minutes)

One at a time, dredge the cutlets in the flour, turning to coat and shaking off any excess, then dip in the egg and, finally, coat with the panko, pressing so it adheres. Set the cutlets on a large plate.

Refrigerate uncovered for 15 minutes.

Set a wire rack in a rimmed baking sheet and place near the stove top.

COOK CUTLETS (10 minutes):

In a 12-inch non-stick skillet over medium-high, heat 6 tablespoons of oil until barely smoking.

Add 2 cutlets and cook until golden, 1 to 2 minutes.

Using tongs, flip and cook until the second sides are golden, about 1 minute.

Transfer to the prepared rack. Repeat with the remaining 6 tablespoons oil and remaining cutlets.

Wipe out the skillet and set aside.

FINISH COOKING CUTLETS (5 minutes):

Evenly sprinkle the cutlets with the Parmesan.

Place 2 cutlets, cheese side up, in the same skillet, then set the pan over medium-high. Pour 1/4 cup water around the cutlets, immediately cover and cook until the cheese has melted, the water has evaporated and the cutlets begin to sizzle, 1 to 2 minutes.

Using a large spatula, return the cutlets to the rack and repeat with the remaining cutlets; tent with foil.

Using paper towels, wipe out the skillet.

MAKE SAUCE & SERVE (5 minutes):

In the same skillet over medium, melt the butter. Add the garlic and cook, stirring, until fragrant, about 30 seconds.

Add the broth, then cook over medium-high, stirring occasionally, until reduced to about 1/3 cup, about 3 minutes.

Off heat, stir in the lemon juice, then taste and season with pepper. Pour into a serving bowl.

Transfer the cutlets to a platter and serve with the sauce and lemon wedges on the side.