

Quick Pork Loin Steak with Sauce

**JERNEJ KITCHEN**

QUICK PORK LOIN STEAK WITH SAUCE

Pork loin steak with sauce is a 30-minute dinner recipe that fits perfectly into any day of the week. The meat is juicy and tender, with a lot of sauce.

- Serves
4
People
- preparation:
10
minutes
- Cook:
20
minutes
- Total time:
30
minutes

Season the meat

Place the meat in a bowl and season it with salt, pepper, and mustard. Mix well so the ingredients are evenly combined. Spread the flour on a plate or tray, then coat one side of the pork loin steaks with flour. Shake off any excess flour.

Sear the meat

Place a large skillet over medium heat. Add the oil and place the pork loin steaks in the pan with the unfloured side facing down, making sure they do not overlap. Cook for about 1 minute on each side, then transfer them to a plate.

Sauce

Add the butter to the same skillet. Once it melts, add the chopped shallots and peeled garlic cloves. Saut  for 2 3 minutes. Pour in the white wine and let it simmer until the alcohol evaporates. Using a wooden spoon, scrape up all the browned bits from the bottom of the pan   that s where the flavor is. Cook for about 3 minutes, then add the broth and continue cooking for another 6 8 minutes, until the sauce thickens and comes together.

Steaks

Return the pork loin steaks to the skillet, add the capers and chopped parsley or chives, and cook for another 1 2 minutes. Remove from heat and optionally add a squeeze of fresh lemon juice. Serve immediately, drizzling with olive oil if desired.

Pork loin steak instead sauce

8 thinly sliced pork loin steaks

1/4 tsp ground pepper and 1 tsp salt

1 tbsp dijon mustard

2 tbsp all-purpose flour

1 tbsp olive oil

1 tbsp unsalted butter

3 shallots

4 garlic cloves

80 ml (1/3 cup) white wine

360 ml (1 1/2 cup) beef broth

1 tbsp Capers

1 tbsp Chopped parsley or chives

1 tsp lemon juice, freshly squeezed

Tools and equipment

Bowl

Tray or plate

Large pan

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