

PORK TENDERLOIN, PICCATA-STYLE

(from The Bewitching Kitchen, adapted from several sources)

1 pork tenderloin, silver skin removed, cut in 1/4 inch slices and gently pounded

1/2 cup flour for coating meat

salt and pepper to taste

2 tablespoons grape seed oil

2 tablespoons capers, rinsed

1 clove garlic, minced (optional)

1 tsp flour

1 cup chicken broth

½ cup dry white wine

zest and juice of one large lemon

1 tablespoon butter, cold

Season the pork slices with salt and pepper. Add flour to a shallow dish or tray, lightly dredge one side of the meat with the flour.

Heat grape seed oil on a skillet that can hold all the meat in a single layer. Alternatively, be prepared to work in batches. When the oil is hot, place the slices of meat, coated side down, and cook until golden. Flip the pork slices and cook until no longer pink inside, about 2 minutes. Transfer the cooked meat to a platter, tent with foil as you prepare the sauce.

If there is not enough oil, add a bit more to the pan. Add capers and garlic (if using), cook until fragrant. Stir the teaspoon of flour until cooked through, then slowly add broth, wine and lemon zest. Bring to a simmer, cook for 10 minutes, add the meat back to the pan, lower the heat to a bare simmer, cover the pan and cook everything together for about 5 more minutes. Remove the meat to a serving dish, add lemon juice and butter to the sauce, swirl until everything is well incorporated. Spoon the sauce over the meat, and serve.