

Pork Fillet at 99p in the discounts? When I worked at the butchers this was considered a premium cut, but it appears in the discounts relatively often locally now. Perhaps there?s not much demand? Who knows? Who cares! But like all the very lean cuts of Pork it can become tough if it?s over cooked and looses moisture. So we experimented with a crispy coating.

When we say crispy coating, we do actually mean ?Crispy? on this occasion - See below?

Ingredients:-

1 butterflied fillet each (One was sightly larger than the other so Tigger the Cat has a treat waiting in the fridge for him today - Who on a £4 budget feeds a Cat on Fillet!)
2 sprigs of fresh Rosemary - plucked from a bush
4 sprigs of fresh Sage - acquired in the same way?..
Gram Flour
½ a sharing bag of Salt & Vinegar crisps
Garlic Salt
Onion Salt
Mixed herbs
Salt & fresh ground Black Pepper
Plain Flour (Gluten free for us)
Grated Cheese

Method:-

(1) Get rid of the sticks from the Rosemary & Sage and chop very finely.
(2) In a bowl coat the fillets in plain Flour on all sides.

(3) Mix the fresh herbs, dried herb and Gram Flour in a bowl.
(4) Add enough water to make a very thick and sticky coating and mix well.
(5) Smash the Crisps in their bag and tip onto a plate.
(6) Coat the Fillets in the Gram Flour coating on all side.
(7) Lay in the Crisps and flip so you have crisps stuck on all sides.
(8) Transfer to a lightly oil oven try.
(9) Cook in a pre-heated oven at 160c for 40 minutes.
(10) Heat the grill.
(11) Sprinkle the grated Cheese oven the coated and cooked Fillets and transfer to the grill.
(12) Grill on high heat for 10 minutes so that the Cheese is melted and the crispy coating is golden brown.

We had Minted boiled Potatoes, Peas and a raw Red Cabbage vinaigrette salad with ours. The coating works well and the herbs flavoured the meat really well.