

Cutlet of Pork with a Mushroom Soy Jus



Serves 4

Prep 20 mins

Cooking 20 mins

Easy

Ingredients

4 pork cutlets, 200g each
4 tbsp oil
salt & pepper
20g unsalted butter
2 tbsp soy sauce

Mushroom sauce

(Maybe prepared up to 6 h in advance)
200g shiitake mushrooms, stalks trimmed & washed
200g enoki mushrooms, stalks trimmed
1 tbsp sesame oil
2 tbsp groundnut oil
2 heads baby green pak choi, each cut in 4, blanched & refreshed
150ml brown chicken stock
2 tbsp thick dark soy sauce
1/4 tsp cornflour, dissolved in 20ml water

1. Preheat the oven to 190C/ 170C Fan/ Gas 5
2. **The pork:** heat the oil in an ovenproof frying pan. Season the pork cutlets and place them into the frying pan. Fry them for 1½ minutes each side, then place them into the preheated oven. After 3 mins remove them from the oven, pour off the fat and add the butter. Place back in the oven for a further 3 mins.
3. Once cooked, pour off the butter, place the pan back over a high heat and add the soy sauce. Boil for 30 seconds until almost completely evaporated. Place the cutlets in a warm place to rest for at least 6 minutes.
4. **The mushrooms & sauce:** While the pork is resting, heat a deep frying pan with the sesame and the other oils. Add the shiitake mushrooms, and saute for 1 minute, then add the enoki mushrooms, the pak choi and the stock. Boil rapidly for 1 minute, then add the soy sauce. Bring to the boil, add the dissolved cornflour and bring back to the boil, stirring constantly. Set aside and keep warm.
5. To serve, spoon the mushrooms, pak choi and sauce into 4 deep plates and top with the pork cutlets.