

BREADED PORK TENDERLOIN CUTLETS (STUFFED)

F EASY

Last Modified: 09/22/2016

PREP: 2 Hrs
COOK: 30 Min
STOVETOP

PORK

MAKES 12 CUTLETS

QUA	MEASURE	INGREDIENT	PROCESS
2	Whole	Pork Tenderloins	Trimmed
1	Cup	All Purpose Flour	
1	Large	Egg	
1	Cup	Buttermilk	
2	Tbsp	Peanut Oil (LouAna)	
PLUS			
1/2	Cup	Peanut Oil (LouAna) For Frying	
1/2	Cup	Nuts (Pecans, Walnuts, Pistachios, Etc.)	Chopped
2	Cups	Panko Bread Crumbs (Kikkoman)	
4	Sprigs	Fresh Rosemary Leaves	
1	Medium	Yellow Onion	Julienned
2	Pats	Unsalted Butter	
2	Medium	Lemons	Wedged
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

TOOLS	1) Heat Proof Serving Platter 2) Small Mixing Bowl 3) Food Processor OR Blender 4) 3 - Pie Tins 5) Large Non-Stick Skillet 6) Wire Rack
PREP	DISH 1) Chop the chosen Nuts and set them aside. 2) Julienne the Onion and set it aside.
1	Place a large heat proof plate and small mixing bowl on the center rack of the oven and warm them to 200 degrees
2	Spread the Flour in a pie tin, add in a dash of Salt and Pepper and mix them together well.
3	Place the Nuts, Bread Crumbs and Rosemary in a food processor, pulse until the Nuts are chopped. Spread the Nut & Bread Crumb Mixture in a second pie tin.
4	Whisk the Egg, whisk it into the Buttermilk and pour into a third pie tin.
5	Trim the silver skin and any excess fat off of the Tenderloins. Wrap them in plastic wrap and freeze them for 1 hour to make slicing them easier.
6	Cut across the grain into 1 inch thick pieces making the tip end slightly larger. Stand them on edge and slice them nearly through to butterfly them all (See Picture). Set them aside to come to room temperature.
7	Blot the Cutlets dry with paper towels and sprinkle each side to taste with Salt and Black Pepper.

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8	Melt the Butter in a large non-stick skillet over medium high heat and saute the Onions until browned (caramelized). When finished, stuff each Cutlet with some of the Caramelized Onions and seal them closed with toothpicks.
9	One at a time; dredge the Cutlets in the Flour, shaking off the excess. Using tongs, dip the cutlets in the Egg Mixture and then in the Breadcrumbs, pressing lightly with your fingers to form an even, cohesive coat. Place the cutlets on a wire rack to dry for at least 15 minutes.
10	Heat the 1/2 cup of Peanut Oil in a large non-stick skillet over medium high heat until shimmering. Lay spaced Cutlets in the skillet and fry until golden brown (about 2 1/2 minutes on each side). Do NOT overcook Pork Tenderloins - A little pink on the inside makes them very tender.
FACTOID	There has NOT been a single case of Trichinosis (a Parasitic disease) from commercially raised (USDA inspected) Pork in the USA since about 1980. Causes from Wild game and home raised Pigs are a different story.
11	Place 3 sheets of paper towels on the plate heating in the oven and place the cooked Cutlets in the oven to drain and keep warm.
SERVE	Place the Cutlets on the warm serving platter and serve while hot with the Lemon Wedges.