

Iowa Schnitzle

"chicken fried" pork tenderloin

This is a great dish that reminds me of my Iowan roots and heritage. It makes a great weeknight meal served alongside some buttery mashed potatoes and a simple vegetable.



2	whole	pork tenderloins	2	tablespoons	butter
2	cups	all purpose flour	1/4	cup	flour
1	teaspoon	kosher salt	1/4	cup	cream
1	tablespoon	old bay seasoning	1 1/2	cup	whole milk
1	tablespoon	garlic powder	1	pinch	kosher salt
1	teaspoon	black pepper	1	pinch	black pepper
3	large	eggs			
2	cups	milk			
2	cups	oil			

1. Clean the pork tenderloins by removing all external fat and the shiny membrane (silver skin) surrounding the tenderloin. Cut the tenderloins in half lengthwise, resulting in two elongated pieces of meat. Place the pieces of meat in between layers of plastic wrap and gently flatten them using a meat mallet or the bottom of a heavy duty pan. Be sure that the meat is pounded into an even thickness so it cooks evenly when fried.
2. Place the meat in a shallow dish and pour over them the milk. Marinate the meat in the milk for at least 30 minutes, up to 24 hours.
3. Crack three eggs into a shallow dish and whisk until smooth. In another shallow dish combine the flour, 1 teaspoon of kosher salt, old bay seasoning, garlic powder and black pepper. Mix the dry ingredients until the spices are evenly dispersed in the flour.
4. Coat the pork tenderloins by first dipping them in the dry ingredients, then the egg mixture and back in to the dry ingredients. Place the coated meat in a single layer on a sheet tray.
5. In a large frying pan add enough oil to acquire a depth of 2". Heat this until it reaches 350°F, this would be roughly medium high heat. Make sure the oil does not smoke. If you see it getting to hot turn the heat down. Place the meat in the frying pan, one piece at a time. Make sure to lay the meat down so it falls away from you, this will help you avoid grease splatters in your direction. Cook the meat for about 3 minutes, until the downward side is golden brown. Turn and finish cooking for another 3 to 4 minutes. Remove the meat from the pan and place it on a paper towel lined panner. Season it with slight amount of salt.
6. Drain the oil from the pan. Add the butter to the pan and allow it to melt over medium heat. Add the flour and mix it into the butter, this will be your roux (thickener). Cook the roux until it takes on a blonde color and a nutty aroma. Add the cream, milk, salt and pepper. Whisk the sauce until it is smooth. Cook until the mixture is thick enough to coat the back of a spoon.
7. Arrange the meat on dinner plates and top with the pan gravy. Garnish with some fresh herbs or a dash of the Old Bay Seasoning.