

Panée Porc-Pronto

Concocted (circa 1971) by Hazel A. Thomas-Bottrell.
A quick and easy main course. Makes 2-3 Servings

1	Pork Tenderloin, about 1#, cut cross-wise into 4 pieces
1 Cup	Plain Bread Crumbs
$\frac{1}{4}$ Cup	Grated Parmesan Cheese
$\frac{1}{4}$ Cup	Finely Chopped Parsley
2 cloves	Garlic, minced
1	Egg
4 Tbsp	Flour
1 Tbsp	Butter
2 Tbsp	Olive Oil
Serve with	
2-3	Tomatoes
$\frac{3}{4}$ lb.	Fresh Asparagus
$\frac{1}{2}$ lb.	Fresh pasta (fettucine or linguine)
	Butter, Salt & Pepper to taste

Note: Veal or chicken breasts can be substituted for the pork tenderloin. If using veal, accompany with lemon wedges.

1. Put each $\frac{1}{4}$ of the tenderloin, end-grain up, between two pieces of waxed paper or saran wrap. Gently but firmly flatten to about $\frac{1}{4}$ " thick. This can be started with a rolling pin and finished with your hands. Be careful because pork tenderloin is a very soft meat and can easily disintegrate.
2. Beat the egg with 1 Tbsp. cold water.
3. Mix the bread crumbs with the Parmesan cheese, chopped parsley and minced garlic.
4. Dredge each pork slice in flour, dip in egg then coat evenly with bread crumb mixture.
5. Heat butter and oil in skillet, medium high. Fry pork about 3-4 minutes each side or until done.
6. Serve with steamed asparagus, grilled tomatoes and fresh pasta tossed in garlic, parsley & butter.