

Alpine Pork with Pan sauce and Green Salad

For the Pork

Pound the chops or cutlets to get them to uniform thickness

Use a meat mallet, pan wrapped with plastic or wine bottle wrapped with plastic

Season with salt and pepper

Heat a pan to medium heat

Add 2T grapeseed oil

Cook the pork on each side for 3 to 4 minutes

Add the raisins and herbs and cook for 1 minute

Add 1/2 cup red wine or chicken broth to deglaze the pan.

(this allows you to get all that fond/flavor from the pan into a sauce)

Add the demi glaze and 2T butter

Baste the Pork with the sauce

Season with salt and pepper

For the Green Salad

Toss greens in a bowl

Season with Salt and Pepper

Add vinaigrette, toss and serve

Add any veggies you like to the salad