

## Pan Seared Pork Loin

### Ingredients:

Pork Loin (cutlets)	4-5 each (3-4 oz each)
Oil	2 Tbsp
Salt and pepper	As needed
Lemon	1 each
Capers	1 Tbsp
Grape tomatoes	¼ cup
Garlic	1 Tbsp
Cream	¼ cup
Butter	¼ #
Cooking wine (white)	¼ cup

### Method:

1. Butcher the pork loin into uniform cutlets.
2. Gently pound out the pork to ensure even cooking.
3. Pat the pork dry and season with salt and pepper
4. Preheat a sauté pan over high heat and add the oil to the pan when it is hot.
5. Gently place the pork cutlets into the pan and sear about 2-3 minutes then flip and sear the second side-monitor and control the temperature of the pan to ensure a quality sear and no burning of the pan drippings.
6. When cutlets are almost done cooking, remove from pan and allow to rest.
7. Return pan to burner over low heat.
8. Add the garlic to the pan and sauté.
9. Deglaze the pan with the lemon juice and cooking wine. Reduce the deglazing liquid by half.
10. Add the cream to the deglazing liquid and reduce by half.
11. Add the capers and tomatoes and stir.
12. Mound the reduction with cold whole butter and remove from heat.
13. Adjust seasonings.
14. Place the pork onto a service plate and add the "Piccata" sauce.
15. Enjoy!