

Pork steak



Difficulty: □□□□□

Preparation time: 15minutes , Cooking time: 1hours 0minutes

Total time: 1hours 15minutes , Serving number: **4**

0 Calories , **0 g** Sugars , **0 g** Fats , **0 g** Proteins

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Url: <https://www.srecipes.eu/pork-steak>

Preparation

Get rid of pork tendons, fat. Cut into 4 slices and little knock. Meat sprinkle with salt and pepper and drizzle with lemon. Heat oil in a pan, add meat and in rapidly fry on both sides. Pour 200 ml of water, drizzle with soy sauce, cover with a lid and simmer 45-55 minutes over low heat until tender. Remove the meat, flour thoroughly mix with remaining water and stir pour into baked juice. Season with salt, pepper and let boil. Meat pour with sauce and put on it vegetable salad.



Ingredients

- 500 ml water
- 500 g pork tenderloin
- 4 spoon of sunflower oil
- 1 spoon of smooth flour
- 1 spoon of pepper
- 1 spoon of soy sauce
- salt

Categories

An ordinary day, Year-round, Expensive, Main course