

GF Friendly

Pork in Port and Wine

Tender pork steaks in a port and wine sauce

A relatively easy one-pan dish, I used pork but other meats such as chicken, beef or lamb could be an alternative – cooking times for these would vary slightly. I happened to have some white port left in the bottle, but I’m guessing by substituting with the red variety or tawny, only the colour of the sauce would darken slightly.

- 300g thin pork steaks
- ½ an onion, sliced
- 1 Tbsp port
- ½ cup white wine
- ½ cup water
- ground nutmeg
- ground coriander
- 1 level Tbsp chicken gravy powder
- 1 Tbsp olive oil



Remove any fat from the pork steaks, then cut each in half. Generously sprinkle all sides with the nutmeg and coriander.

Warm the olive oil in the pan, add the sliced onion and sauté for 2-3 minutes until transparent. Place the steaks in the same pan and cook for around 2 minutes to sear, turning occasionally. Pour in the port and wine and continue frying both sides of the steaks for a further 3 minutes. Now turn the heat down to simmer, cover the pan with a lid, and braise the steaks for 40 minutes, turning a few times. Don’t let it dry out – add a little water if necessary. Remove the steaks and set aside, leaving the onion in the pan.

Allow the onion to cool a little before putting in the chicken gravy powder and combine well. Mix in the water and reheat, stirring continuously until the sauce thickens. Return the steaks and place in the sauce. Leave covered with the heat turned off while preparing and cooking the vegetables; then reheat prior to serving.

Serves 2 with vegetables

should freeze okay

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