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GF Friendly

Pork Steaklets

Small pork steaks in a fruity mushroom sauce

With most meat we buy roasting joints or larger, slice it up to suit; then bag and freeze it. I prefer to cut out the fat and occasionally end up with some pretty shaggy steaks. That was the case with this recipe, and rather than dicing it I decided to keep the pieces larger than bite-size.

300g pork steaks
1 small onion
1 cup-mushroom
½ green capsicum
1 small tomato
210g (½ can) condensed mushroom soup
½ cup white wine
1 Tbsp brandy
1 tsp minced garlic
1 tsp powdered ginger
2 tsps chicken stock powder
2 Tbsps olive oil, or other

In a bowl, mix the soup, wine, stock powder and ginger. Remove all fat from the steaks and cut into small steaklets a bit bigger than a tablespoon. Peel and finely chop the onion and tomato. Take out the seeds and pith from the capsicum and cut into small strips. Peel the mushroom and coarsely chop.

Heat a tablespoon of oil in a frying pan or wok and stir-fry the onion and capsicum for 5 minutes until softening; then remove and set aside. Add a little more oil to the pan, heat the garlic until sizzling and pour in the brandy. Now fry the steaklets both sides until well seared and there is no uncooked meat showing. Set these aside also.

Add a bit more oil to the same pan to fry the tomato and mushroom covered for about 10 minutes, stirring occasionally. Pour on about a third of the soup mix before spreading the steaklets evenly; add the remaining soup; and finally sprinkle on the onion and capsicum. Bring to the boil, turn down to simmer on a heat-diffuser, cover and cook for 40 minutes, stirring now and then to ensure it doesn't stick. Remove the cover and continue cooking to reduce the liquid. I spooned some off to freeze for later.

Serves 2-4 with vegetables or rice   okay to freeze

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