



Pork Grillades

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 1-1/2 HOURS

INGREDIENTS

- 1 cup flour
- 1 package Prairie Center Meats pork steaks**
- 2 Tablespoons **Prairie Center Meats Cajun Seasoning**
- 1/2 cup oil
- Salt & Pepper
- 3/4 cup chopped celery
- 1 large diced onion
- 1 large green pepper, diced
- 2 cloves minced garlic
- 1 bay leaf
- 2 cups Chicken Broth
- 1-14.5 oz can petite diced tomatoes
- 2 slices **bacon** or a small **ham steak**
- 1 tablespoon Worcestershire Sauce
- 1 tsp Tabasco sauce
- Rice and thin sliced green onions

DIRECTIONS

1. Adjust oven rack to lower-middle position and preheat oven to 350 degrees.
2. In a small skillet, toast 1/4 cup flour until brown, about 3 minutes. Set aside.
3. Season pork steaks with salt and pepper and 2 teaspoons of the Cajun Seasoning. Whisk remaining Cajun Seasoning into 3/4 cup flour in a shallow dish.
4. Dredge pork steaks in seasoned flour, set aside.
5. Heat oil in Dutch Oven over medium heat. Add the pork steaks, one at a time, cooking 3-5 minutes per side until browned. Repeat with second steak.
6. Remove all but 1/4 cup of the oil from the Dutch oven. Add toasted flour, whisk constantly and cook until deep brown. Add onions, pepper and celery plus 1 tsp salt, cook until softened. Add garlic and cook 30 seconds longer.
7. Stir in broth, tomatoes, Worcestershire, bay leaf and bacon or ham. Nestle pork steaks into sauce mixture then bring to simmer on the stove. Cover pot and transfer to oven. Bake 1 hour or until fork slips easily in and out of pork steak.
8. When done, discard bacon or ham and bay leaf. Stir in Tabasco, if desired, then serve over rice, garnished with green onions.