



Pork, Fennel and Beer

NIBBLEDISH CONTRIBUTOR

Ingredients

100 gr. pork chops
2 medium size fennel bulbs
1 small red or white onion, sliced into julienne
1 glass (my glass was 330ml) of light beer (gluten-free beer, I buy it in the special gluten free diet store)
2-3 tbsp flour (gluten free version: white rice flour)
1 tsp salt
1/2 tsp ground black paper
1/3 tsp white paper
2 tsp dry oregano
extra virgin olive oil

Instructions

This is the perfect dinner when you are in a hurry or just have no wish to stay too much in the kitchen:):)

Fill the bottom of a large saucepan with the oil and pour over medium heat. Meanwhile put the flour into a large plate. Wash and slice the fennel bulbs. Roll each pork chop into the flour and put into the hot oil. Cook stirring occasionally until the meat chops are lightly brown. Roll the fennel slices into the flour too and add them into the saucepan. Add the onion, the salt, the black and white paper and the oregano, cook 2 more minutes until the onion is soft. Add the beer, reduce the heat at low, cover and cook stirring occasionally until the beer is almost evaporated. Serve warm.

The next time I'll try this with a chicken chops too!

