

my delicious year

Background

Introducing the My Delicious Year monthly cook-a-long

What is it?

Join in for a once a month cook-a-long. During the first week of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

When will it take place?

The cook-a-long will take place on the [third](#) Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on Instagram using the hashtag [#cookalong](#) and tag [@mydeliciousyear](#).

Why a cook-a-long?

One of the main goals I set myself when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

The August cook-a-long will take place on **Wednesday 20 August**.

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Recipe

Pork schnitzel with apple salad

(August 2011, p.73)

Serves 6

6 x 100g pork schnitzels
1 cup (250ml) buttermilk
2 garlic cloves, crushed
1 sage sprig, finely chopped
1 tsp smooth Dijon mustard
1 cup (150g) plain flour, seasoned
3 eggs, lightly beaten
3 cups panko breadcrumbs (see note)
Olive oil, to fry

Apple salad

1/2 cup (125ml) extra virgin olive oil
2 tbs lemon juice, plus wedges to serve
2 handfuls winter salad leaves
1/3 cup (40g) chopped, toasted walnuts
Seeds from 1 pomegranate (optional)
2 red apples, cored, sliced into wedges

1. Place pork on a chopping board and flatten with a meat mallet. Combine buttermilk, garlic, sage and mustard in a shallow dish and add meat. Cover and marinate in fridge for 4 hours.
2. Remove meat from marinade, allowing excess to drip off. Coat lightly in flour, then dip into egg and breadcrumbs. Cover and chill until ready to cook.
3. For the apple salad, combine oil and lemon juice in a bowl and season well. Add the remaining salad ingredients and toss to combine. Set aside.

my delicious year

4. Heat 1cm oil in a heavy-based frypan over medium heat and, in batches, cook schnitzels for 3 minutes each side or until golden and cooked through. Drain on paper towel, then serve with lemon wedges and apple salad.

The original recipe is also available here to download:

<http://www.taste.com.au/recipes/27780/pork+schnitzel+with+apple+salad>

My Delicious Year Cook's Notes:

- Pork not your thing? Try chicken or veal.
- Panko breadcrumbs are available from the Asian food aisle at the big supermarkets or your local Asian food shop. Substitute dry breadcrumbs if you can't find them.

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Shopping List

Six people	
6 x 100g pork schnitzels	
Buttermilk, 1 cup	
Garlic, 2 cloves	
Sage, 1 sprig	
Dijon mustard, 1 tsp	
plain flour, 1 cup	
eggs, 3	
panko breadcrumbs, 3 cups	
extra virgin olive oil	
Lemon	
winter salad leaves, 2 handfuls	
walnuts, 1/3 cup	
1 pomegranate (optional)	
2 red apples	