

How to Pan Fry Meat

What is pan frying?

Pan frying is a healthy way to cook meat as compared to deep frying as very less oil is required, just enough to smear the meat. It is also one of the easiest ways of cooking meat variants such as beef, tender steaks, pork et al. In fact, it is easy to pan fry the meat and chops cut in cubes. You can even try out liver or ground meat for pan frying. Pan frying is also sometimes called sautéing.

Ingredients: Meat and chops, pepper, herbs, salt to taste, cooking oil (light olive oil, peanut oil), and butter.

Procedure

1. Pat the meat for drying using paper towels and cut it in cubes. You can also fry a big piece and cut it later when it is done.
2. Next, put some oil in a heavy bottom frying pan and when the oil is just smoking hot, you need to put just enough meat into the pan to avoid crowding. Make sure the flame is medium. Do not cover the pan during cooking.
3. When the meat starts getting brown on one side, flip it over and wait till it gets brown on the other side too. Make sure the meat is not overheated which will cause it to dry up. With well smeared meat, flip it up and down and add butter, rosemary or thyme to this.
4. You can also add to the flavor by tweaking in an herb brush and painting the meat with pan juices and butter. This helps basting the flipped meat by developing a deeper crust on the surface, although you need to be cautious of not splashing the oil.
5. Season the pan fried meat and serve hot.