

Pork Cutlets or Chicken Medallions

Ingredients:

Pork loin or deboned chops about ½ to 5/8 inch thick, or chicken breast sliced diagonally into ½ inch medallions.

1 egg, beaten, in a shallow bowl

Flour

Oil for frying – we use a mixture of canola and extra virgin olive oil

Breading:

1 Cup breadcrumbs, preferably from Italian or French bread

¼ Cup finely shredded or grated Parmesan cheese

2 Tablespoons Italian seasoning

½ teaspoon white pepper

1 teaspoon granulated garlic

1 teaspoon salt

Preparation:

Mix breading ingredients in a bowl. Place 1 to 3 pieces of meat on your raw meat cutting board, cover with plastic wrap and pound to ¼ inch or thinner. Prepare a plate of flour, the bowl of egg, and a plate with some of the breading. Dip the meat in the flour, then the egg, then the breading, coating well. Pour oil into a skillet, 1/16 to 1/8 inch deep, heat over medium heat until it begins to shimmer, then add the breaded meat. Cook until lightly browned, 2 to 3 minutes each side. Drain and serve.

Tips: The pork can be cut into smaller strips if desired. This works well even with inexpensive pork chops, as long as you trim and debone. Discard any breading that has been in contact with raw meat; the rest can be stored for several weeks, refrigerated, in a sealed container.

Pork Cutlets or Chicken Medallions

Ingredients:

Pork loin or deboned chops about ½ to 5/8 inch thick, or chicken breast sliced diagonally into ½ inch medallions.

1 egg, beaten, in a shallow bowl

Flour

Oil for frying – we use a mixture of canola and extra virgin olive oil

Breading:

1 Cup breadcrumbs, preferably from Italian or French bread

¼ Cup finely shredded or grated Parmesan cheese

2 Tablespoons Italian seasoning

½ teaspoon white pepper

1 teaspoon granulated garlic

1 teaspoon salt

Preparation:

Mix breading ingredients in a bowl. Place 1 to 3 pieces of meat on your raw meat cutting board, cover with plastic wrap and pound to ¼ inch or thinner. Prepare a plate of flour, the bowl of egg, and a plate with some of the breading. Dip the meat in the flour, then the egg, then the breading, coating well. Pour oil into a skillet, 1/16 to 1/8 inch deep, heat over medium heat until it begins to shimmer, then add the breaded meat. Cook until lightly browned, 2 to 3 minutes each side. Drain and serve.

Tips: The pork can be cut into smaller strips if desired. This works well even with inexpensive pork chops, as long as you trim and debone. Discard any breading that has been in contact with raw meat; the rest can be stored for several weeks, refrigerated, in a sealed container.