

# Southern Fried Pork Chops

Adapted from a website called Taste of Southern  
Internet Address:



32 ounces pork chops, center cut, bone in  
1 cup all purpose flour  
2 tablespoons cornstarch  
1 large egg  
2 tablespoons milk, or buttermilk (or water)  
1 tablespoon mixed herbs, I used Penzey's Fox Point Seasoning  
1 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon paprika  
Cooking oil for frying the chops (canola or vegetable)

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 4

1. **BREADING:** In a small mixing bowl, add the Flour, Corn Starch, Garlic Powder, Salt, Black Pepper and Paprika. Stir all ingredients well. Set aside.
2. **EGG:** Break one egg into a small low sided dish. Add milk and use a fork to mix it well. Mix well enough that there are no little globs of egg white.
3. **MEAT:** One at a time, dip a pork chop in the flour and coat both sides. Dip the chop into the egg mixture, coat both sides well. Lift and let any excess drip off. Place the chop back into the flour mixture and coat both sides and edges.
4. **FRYING:** Place about 1/2 inch of cooking oil in a large skillet over medium heat. Test the oil by sprinkling in a little pinch of the bread mixture - if it sizzles, the pan is hot enough. Lower the chops into the hot cooking oil, one at a time. Do not crowd them (they don't want to be touching). Cook for 4-6 minutes.
5. Watch the bottoms of the chop and when they start to brown, flip the pork chops over. Let the chops fry for about 4-6 minutes or until done but not over cooked. Test a chop by cutting into the center to make sure it's not rare. A little bit of pink is fine. Remove the cooked chops from the skillet, place on a paper towel lined plate and let drain. Serve warm.

## Yield: 4 Servings

Per Serving (excluding unknown items): 507 Calories; 24g Fat (44.0% calories from fat); 40g Protein; 29g Carbohydrate; 1g Dietary Fiber; 165mg Cholesterol; 378mg Sodium. Exchanges: 2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.