

Panko-Crusted Thin-Cut Pork Chops

Adapted slightly from *The Hungry Mouse* blog, 2008



2 pounds bone-in pork center rib chop
2 extra large eggs
1/4 cup buttermilk
2 teaspoons garlic powder
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 tablespoon dried sage, crumbled
1 1/2 cups panko
pure olive oil or canola oil
kosher salt for sprinkling

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

Servings: 6

1. Use a half gallon ziploc bag for the marinade. If not, use large, shallow bowls for the egg and panko instead.
2. Line a sheet pan with waxed paper or aluminum foil and set aside.
3. Trim pork chops of visible fat, then place them in the ziploc plastic bag.
4. Whisk the eggs and buttermilk together then add garlic powder, salt, pepper and sage. Stir to combine. Pour this mixture into the plastic bag with the pork chops. Seal bag and smush it so all the surfaces are well covered. Set aside for about 30 minutes (refrigerate if preferred).
5. Place panko crumbs in another plastic bag. Lightly drain pork chops and one at a time drop them into the panko crumb bag, tossing so all surfaces are well covered. Place them on a waxed paper or foil covered sheet pan.
6. Use a large frying pan over medium-high heat and add about 1/4 inch canola oil (or pure olive oil). Wait until it's heated up. Dip one end of a pork chop into the oil - if it doesn't bubble immediately, the oil isn't hot enough. Fry pork chops on one side for 2-3 minutes.
7. Meanwhile, remove the foil or waxed paper lining the sheet pan and replace with fresh.
8. Carefully lift an edge of the pork chops - if they're golden brown, very gently and carefully turn them over and continue browning, and you may need to reduce the heat to medium so they don't burn. Sprinkle the tops with a little kosher salt if desired. Fry for 2-3 minutes per side until chops are equally browned on that side. Remove to the baking sheet and keep in a low temp oven while you continue frying other chops, if needed.

Per Serving (excluding unknown items): 294 Calories; 16g Fat (49.1% calories from fat); 24g Protein; 12g Carbohydrate; 1g Dietary Fiber; 130mg Cholesterol; 275mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 1 Fat.