

## #00 – Pork schnitzel

**Yield: Portion 5**

Ingredient	Mass	Volume	Method
Pork loin- Cut into 56 g cutlets		Medium sized pork loin	Step # Step Description
<b>Egg wash:</b>			1. Lay plastic wrap over a clean countertop, evenly spread out cutlets on the plastic wrap and lay another plastic layer over top.
Eggs		3 eggs	2. Using a mallet, pound the cutlets until they reach a thickness of 1 cm.
Lemon juice		3 Tbsp	3. In a medium sized bowl, whisk together eggs and lemon juice. In a separate medium sized bowl, mix together the ingredients for the dry dredge.
<b>Dredge:</b>			4. Using your dominate hand as your dry hand and your non dominate as your wet hand begin to coat the pork cutlet with the egg wash first, followed by the dry dredge, repeat the process (double coat) and place breaded cutlet on a sheet pan lined with parchment. Repeat all steps with remaining cutlets.
Heat treated fava flour		2 ¼ Cup	5. Heat oil in a large sauté pan over medium to high heat, place cutlet into the pan and cook for 2-3

			minutes, flip and cook for another 2-3 minutes or until a light brown color is achieved.
Lemon zest	Zest of half a lemon	6.	Cool on a wire rack and lightly season with a pinch of salt.
Black pepper	½ tsp		
Salt	1 tsp		Chefs note* This recipe goes great with spaetzle and braised cabbage.
Canola oil	1 Cup		