



Ingrediens:

4 medium-sized pork chops
salt and pepper
25g plain flour
1 egg, beaten
25g breadcrumbs
Oil/butter for frying

Directions:

Beat out the pork chops until fairly thin. Season with salt and pepper. Set aside. On separate plates, pour flour, egg and breadcrumbs. Dip each chop into the flour, coating on both sides, and then dip into the beaten egg. Finally press the chops on to the breadcrumbs, ensuring even coating. Heat sufficient oil/butter in a large frying pan. When very hot, add the pork and cook over high heat for 5 minutes on each side. Take it off the heat and when it cools down carefully add some water. Turn on the low heat and cook for another few minutes until golden. Serves: 4