

We're pretty sure every Eastern European nation have their own version of this recipe. But as we have a bit of a Polish gig going on, Polish it was! These good sized boneless Pork Loin Chops were less than £1 per serving.

Ingredients:-

2 Boneless Pork Chops
200ml of Milk
1 Onion, sliced
1 Egg, beaten
100g of Self Raising Flour (Gluten free for us)
Salt & Pepper to season
½ Tsp of Garlic Powder
½ Tsp of Onion Powder
½ Tsp of Paprika
½ Tsp of Turmeric (Just to colour the Breadcrumb coating)
200g of Breadcrumbs (Gluten free for us)
Oil to fry

Method:-

(1) Think of folk who have done you wrong and pound the Pork until it is well and truly flat and dead!
(2) Place in a flat bowl with the Milk and Sliced Onions and pop in the fridge for 2 hours or so.
(3) Remove the Pork and pat dry with kitchen roll.

(4) Season the Pork with Salt & Pepper.
(5) On a plate mix the Garlic Powder, Onion Powder, Turmeric, Paprika and Breadcrumbs.
(6) Coat each chop in the Flour mix, then in Egg wash and again in Flour mix.
(7) Coat well with Breadcrumbs.
(8) Heat the Oil in a large frying pan and cook the Pork for 3 to 4 minutes on both sides, until the coating is golden brown.
(9) Fry the reserved Sliced Onion with the sliced Mushrooms and Sauerkraut.

We served ours on of bed of Fried sliced Mushrooms, Sauerkraut and Onions. Very tasty and really inexpensive.