

Oven Fried Pork Chops

Next time whole pork tenderloin is on sale, pick up one or two or three. Have the butcher cut them into 1" thick slices and you've got some less expensive boneless pork chops to country fry, BBQ, or in this case, oven fry.

- 3 egg whites
- 1 Tablespoon cornstarch
- 1 ½ cups Panko (Japanese) bread crumbs
- ¾ cup pecans – chopped fine
- 1 teaspoon salt
- ¾ teaspoon sage
- ¾ teaspoon crushed rosemary
- 4-6 1 inch thick boneless pork loin chops
- ¼ cup olive oil
- ¼ stick real butter



In a shallow dish, whisk together egg whites and cornstarch until well blended and smooth.

In another shallow dish, combine bread crumbs, pecans, salt, rosemary, and sage. Dip pork chops in egg white mixture to coat both sides of pork chop. Dredge pork chop in bread crumb mixture, and press crumbs gently to pork chop. Coat all pork chops and place on paper towels until ready to fry.

Add olive oil and butter to an oven proof skillet and heat over medium heat. I like to use a 10" iron skillet. Add pork chops and cook for 3-4 minutes on each side. Drain any excess grease before transferring skillet to 400 degree preheated oven. Cook 15-20 minutes or until chops are tender to fork and breading is golden brown.