



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 a bed of Fried sliced Mushrooms, Sauerkraut and Onions. Very tasty and really inexpensive.