

PARMESAN-CRUSTED PORK CHOPS

(25 servings)



INGREDIENTS:

Boneless Loin Pork Chops (6 oz portion)	9 ½ lbs
Bread Crumbs	6 cups
Liquid Eggs	3 ½ cups
Dried Basil	1 tbsp
Dried Oregano	1 tbsp
Dried Parsley Flakes	1 tbsp
Rosemary	1 tsp
Thyme	1 tsp
Paprika	½ tsp
Grated Parmesan Cheese	4 ½ cups
Salt	2 tsp
Black Pepper	2 ½ tsp
Cooking Oil	2 ¼ cups

NUTRITIONAL VALUE:

Calorie: 450
Fat: 30g
Cholesterol: 65mg
Sodium: 630mg
G4G: Red

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Method of Preparation

1. Whisk the eggs to blend; then set aside.
2. Blend bread crumbs, basil, oregano, dried parsley, rosemary, thyme, paprika & ½ tsp of black pepper; then set aside.
3. Place the cheese in shallow dish; then set aside.
4. Sprinkle the pork chops generously with salt & pepper. Coat the chops completely with the cheese, patting chop to adhere.
5. Dip the chops into the eggs, then coat completely with the bread crumbs, patting to adhere.
6. Heat oil over medium heat. Add pork chops, in batches if necessary, and cook until golden brown and the center reaches 145 degrees for 15 seconds, about 6 minutes per side.