

Oven-Fried Pork Chops

Printed from Pork Chop Recipes at <http://www.porkchoprecipes.net/>

Oven-frying is a great way to create a thick, crisp crust on your meats without all the fat. Battered in an egg-spice mixture, then breaded and baked, these chops develop a delicious savory coating similar to that of deep-frying.

Ingredients:

4 pork chops, trimmed
1 medium egg
3 tablespoons soy sauce
1 tablespoon water
½ teaspoon garlic powder
Pinch of ground ginger
1 cup breadcrumbs

Directions:

1. Preheat oven to 350°F. Lightly grease a jelly roll pan.
2. Beat the egg, soy sauce, water, garlic, and ginger together in a large bowl. Place breadcrumbs in a separate large bowl.
3. Dip the pork chops into the egg mixture, then into breadcrumbs, coating evenly on each side.
4. Arrange in single layer on prepared pan and bake for 30 minutes. Turn and bake for another 20 minutes, until the chops are tender and no longer pink.