

# PAN FRIED CHOPS

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Although I've successfully experimented with new and updated techniques for pan frying, this method was how I watched my mother make dinner and always guarantees a crispy and delicious crust.

This simple technique works for meat, fish and poultry.

## Ingredients:

- 4 portions of meat (chicken breasts, veal chops or pork chops)
- 1 cup flour seasoned with dry rub seasoning OR salt, pepper and cayenne pepper
- 2 whole eggs beaten slightly with 2 tablespoons of water, seasoned with salt and pepper
- 1 cup bread crumbs or Panko seasoned with salt, pepper and cayenne pepper
- 1/2 cup vegetable oil
- 1 tablespoon Rhonda's Dry Rub Seasoning (or any store bought will do)



## Rhonda's Dry Rub Seasoning: *(optional)*

- 4 tablespoons Kosher Salt
- 4 tablespoons brown sugar
- 3 tablespoons garlic powder
- 2 tablespoons season salt
- 1 tablespoon paprika
- 2 tablespoons black pepper
- 1 tablespoon onion powder
- 1 tablespoon chili powder
- 1 tablespoon cayenne pepper
- 1/4 teaspoon ground cumin

## Directions for Rhonda's Dry Rub Seasoning:

In a large bowl combine all the ingredients and mix well. Store in an airtight container. I save the containers in which I buy spices at the supermarket. When they are empty, they make perfect shakers for my homemade dry seasonings and rubs.

This rub is one of my favorite. I use it in many of my dishes and always when I grill meat, fish or poultry.

**Directions for Pan Frying:**

Wash the chops and pat dry. Season meat liberally with dry rub on both sides and set aside. In one shallow bowl, add seasoned flour. In a second shallow bowl beat eggs with 2 tablespoons water and season with salt and pepper. In a third shallow bowl, add bread crumbs or Panko, Japanese bread crumbs which are dryer than typical bread crumbs. If you use Panko, the finished crust will be significantly crispier.

One at a time, dust the chops in the flour mixture and coat well on both sides. Shake off excess flour before dipping into the egg mixture. Remove from egg mixture and dredge in bread crumbs or Panko, pressing to coat and shaking off any excess.

Heat the oil to 375 degrees F in a large skillet with 2-inch deep sides. (The oil should be about 1/4-inch deep.) Add the chops to the preheated oil, being careful not to over-crowd the pan. Pan fry for 2 - 3 minutes, or until golden brown. Turn and cook an additional 2 to 3 minutes or until golden brown and cooked through.

Whether you're frying chicken, veal or pork, make sure the juices run clear to ensure the meat is fully cooked. Cooking time will vary depending on the thickness of the chops. Serve warm. Enjoy!