

BREADED PORK TENDERLOIN CUTLETS

F EASY

Last Modified: 09/22/2016

PREP: 1 Hr
COOK: 30 Min
STOVETOP

PORK

MAKES 12 CUTLETS

QUA	MEASURE	INGREDIENT	PROCESS
2	Whole	Pork Tenderloins	Trimmed
1	Cup	All Purpose Flour	
4	Large	Eggs	Beaten
2	Tbsp	Peanut Oil (LouAna)	
PLUS			
1/2	Cup	Peanut Oil (LouAna) For Frying	
3	Cups	Panko Bread Crumbs (Kikkoman)	
1	Medium	Yellow Onion	Julienned
2	Pats	Unsalted Butter	
2	Medium	Lemons	Wedged
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

TOOLS	<ul style="list-style-type: none"> 1) Small Mixing Bowl 2) 3 - Pie Tins 3) Large Non-Stick Skillet & Lid 4) Heat Proof Serving Platter 5) Wire Rack 6) Meat Tenderizing Hammer
PREP	<p>DISH</p> <ul style="list-style-type: none"> 1) Julienne the Onion and set it aside. 2) Preheat the oven to 200 degrees with a rack near the center.
1	Place a large heat proof plate and small mixing bowl in the oven to pre-heat them.
2	Spread the Flour in a pie tin, spread the Bread Crumbs in another pie tin and beat the Eggs with 2 tablespoons of Peanut Oil and place it in a third pie tin.
3	Trim the silver skin and excess fat off of the Pork Tenderloins. Cut each across the grain into 6 pieces making the pointed tip end slightly larger. Place each piece, cut side down between two sheets of plastic wrap and pound them to 1/2 inch in thickness.
4	Blot the cutlets dry with paper towels and sprinkle each side to taste with Salt and Black Pepper.
5	One at a time; dredge the Cutlets. First in the Flour, shaking off the excess. Using tongs, dip the Cutlets in the Egg Mixture and then in the Breadcrumbs, pressing lightly with your fingers to form an even, cohesive coat. Place the Cutlets on a wire rack over paper towels to dry for 15 minutes.
6	Melt the Butter in a large non-stick skillet over medium heat and Saute the Onions until browned (caramelized). When finished, place them in a small mixing bowl in the oven.

BREADED PORK TENDERLOIN CUTLETS

7	Heat the 1/2 cup of Peanut Oil in the large non-stick skillet over medium high heat until shimmering. Lay spaced (not touching) Cutlets in the skillet and fry them until golden brown, about 2 1/2 minutes. Turn over the Cutlets with tongs and fry other side until golden brown, another 2 1/2 minutes. Do NOT overcook Pork Tenderloins - A little pink on the inside makes them very tender.
FACTOID	There has NOT been a single case of Trichinosis (a Parasitic disease) from commercially raised (USDA inspected) Pork in the USA since about 1980. Causes from Wild Game and home raised Pigs are a different story.
8	Place 3 sheets of paper towels on the plate heating in the oven and place the cooked Cutlets in the oven to keep warm.
SERVE	Place the Cutlets on a serving platter and top with the Caramelized Onions. Serve while hot.

