

Wiener Schnitzel

Traditional Wiener Schnitzel is made with veal, but I use pork loin, which is more readily available. The key to good Schnitzel is in the pounding. Make sure to pound the veal or pork slices on both sides until they are very thin. You can use panko bread crumbs in this recipe, if you prefer, which has more texture, instead of fine bread crumbs, which are traditional to Vienna.

1 ½ pounds	veal or pork loin	1 ½ cup	plain dried bread crumbs or panko
2 large	eggs	6 Tablespoons	butter or canola oil
⅓ cup +	flour	2 Tablespoons	fresh parsley, chopped
½ teaspoon	salt	2	lemons, cut into wedges
¼ teaspoon	black pepper		

- 1 Slice pork loin into thin 1/4" slices. If you've purchased pork cutlets or boneless pork chops, "butterfly" each piece by slicing horizontally with a good sharp knife and long feathering strokes through the center. One piece of pork cutlet will then yield two 1/4" slices of pork.
- 2 Using a mallet, place the pork cutlets between plastic wrap and pound them on each side until each slice of pork is about 1/8" thick.
- 3 Line up a breading station with three separate plates (I use pie tins). First with the flour mixed with the salt and pepper, second for the eggs and third for the bread crumbs. The fourth step is the frying pan on the cooktop. Lightly beat the eggs with a Tablespoon of water. Add 3 Tablespoons of butter or oil to the frying pan. Heat on medium-high heat until hot, then immediately begin cooking.
- 4 You will want to use a pair of tongs to move the pork slice through each step. First coat one pork slice with flour, then dip it into the egg wash, then bread crumbs, coating both sides..
- 5 Immediately place the fresh breaded pork slice into the hot butter or oil. Then repeat until your pan is full. The Wiener Schnitzel cooks quickly, about 3 minutes per side or until a nice golden brown crust forms. Remove from the pan to a plate in a 200° oven to keep warm until all the Schnitzels are ready to serve. You will need to add more butter or oil with each batch.
- 6 To serve, garnish your platter with chopped parsley and lemon slices to squeeze over the Wiener Schnitzel as you eat.

Servings: 6

Preparation Time: 20 minutes

Cooking Time: 6 minutes

Total Time: 26 minutes

Nutrition Facts

Nutrition (per serving): 405 calories, 165 calories from fat, 18.6g total fat, 175.9mg cholesterol, 472.9mg sodium, 545.3mg potassium, 25.9g carbohydrates, 1.5g fiber, 2.1g sugar, 32g protein.

Source

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