



! GERMANY

Schnitzel with Jägersauce

Serving Size: 1 Schnitzel with Sauce; Calories 575; Total Fat 56g; Saturated Fat 20g; Sodium 730mg; Total Carbohydrate 23g; Dietary Fiber 4g; Protein 62g

Ingredients:

- 4 boneless pork chops
- 3 tablespoons flour
- 6 tablespoons plain breadcrumbs
- 2 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 5 tablespoons olive oil
- 1 onion, diced
- 1 cup fresh mushrooms, sliced
- 1/2 cup whipping cream
- 3/4 cup sour cream

Equipment Needed:

- Large frying pan
- Shallow bowl
- 3 plates
- Tongs or meat fork
- Rolling pin

Note:

This recipe involves frying in hot oil. Supervision by an adult is very important.

Prep Time

10 min

Total Time

18 min

Servings

4



Instructions:



1. Place pork chops in a plastic zipper bag. Use a rolling pin to pound pork chops until they are about 1/4" thick.



2. Lightly beat eggs in a shallow bowl.

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Instructions Continued:



3. Add flour to one plate and bread crumbs to another.



4. Lightly season both sides of the pork chops with salt, pepper, and paprika.



5. Begin heating olive oil in frying pan over medium heat. Keep a close watch on the oil.



6. Dip the pork chops one at a time into the flour, coating both sides and edges.



7. Dip the flour-coated pork chops into the eggs, covering both sides.



8. Coat pork chops in breadcrumbs. Gently shake off excess crumbs.



9. Carefully place pork chops in preheated oil.



10. Fry for about 4 minutes on each side, until breading is golden brown.



11. Carefully remove pork chops from pan and set aside on a plate lined with a paper towel.

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Instructions Continued:



12. To make the Jägersauce, add onions to the pan with the oil and cook until soft and translucent.



13. Add mushrooms and cook until slightly browned. Season with salt and pepper to taste.



14. Add whipping cream and sour cream to the onion and mushroom mixture. Stir to combine.



15. Bring mixture to a low boil, letting it boil for just a moment. Remove from heat.



16. Serve pork chops (German schnitzel) with the sauce (Jägersauce).



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Extension - Lawrence County

