

Fried pork chop

Cuisine: **Czech**
Food category: **Pork**



Author: **Vlastimil Jaša**

Company: **Retigo**





Program steps


Preheating:


230 °C

1


 Hot air


 100 %


 Termination by time

 00:08

hh:mm

 230 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
pork chop	1500	kg
salt	0.03	kg
plain wheat flour	0.08	kg
chicken eggs	0.16	kg
milk 3.5%	0.2	l
breadcrumbs	0.16	kg
5 tbsp vegetable oil	0.06	l
rama combi profi	0.06	l

Nutrition and allergens	
Allergens: 1, 3, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	261110.2 kJ
Carbohydrate	18.3 g
Fat	15002.1 g
Protein	31504.4 g
Water	0 g

Directions

Cut the rinsed parts of the pork chop or leg into slices across the fiber, pat them down, cut the edges and salt them. Coat the prepared cutlets in sifted flour, beaten eggs and breadcrumbs.

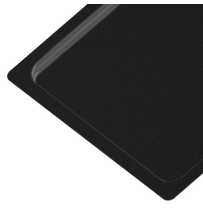
For frying in a convection oven, it is necessary to apply a layer. Dilute oil and Rama Combi Profi in a 1:1 ratio in an oil gun. We apply Vision Bake to the surface of the GN, and on the GN prepared in this way, we place the cutlets wrapped in triple wrap next to each other. Then we spray them (we apply a layer of fat on the upper part of the cutlets).

After preheating, place in a convection oven and fry until golden.

Recommended accessories



Vision Oil Spray Gun



Vision Bake