

Fried pork cutlet

Cuisine: **Czech**

Food category: **Pork**



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Company: **Retigo**



Program steps

Preheating: **230 °C**

1	Hot air	100 %	Termination by time	00:08 hh:mm	230 °C	100 %	
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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

We rinse the pieces of pork loin or chops, slice them against the grain into steaks, pound them, score the edges, and salt them. The prepared cutlets are coated in sifted flour, beaten eggs, and breadcrumbs.

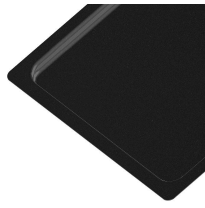
For frying in the combi oven, it is essential to apply a layer. We mix oil and Rama Combi Profi in a ratio of 1:1 in an oil pump. We apply it to the surface of GN Vision Bake, and on this prepared GN we place the breaded steaks side by side. Then we spray them (apply a layer of fat to the top part of the cutlets).

After preheating, we place them in the combi oven and fry until golden.

Recommended accessories



Vision Oil Spray Gun



Vision Bake