



## Zhongye Foods (Dalian) Co., Ltd.

17-2-1, Liandong Road, Advanced Equipment Manufacturing Park, Economic and Technological Development Zone, Dalian City, Liaoning Province, China

### Fried Pork Chops Recipe

#### Ingredients (Serves 2)

- ◆ **Pork tenderloin:** 400g
- ◆ **All-purpose flour:** 80g
- ◆ **Panko bread crumbs:** 100g
- ◆ **Seasonings:** 5g salt, 3g black pepper, 15ml cooking wine
- ◆ **Egg:** 2
- ◆ **Cooking oil:** 200ml
- ◆ **Yinghok Tonkatsu Sauce:** as needed

#### Instructions

##### Step 1: Pork Chop Preparation

1. Tap slices with knife back to tenderize, cut edges to prevent curling.
  2. Marinate with cooking wine, 3g salt, 2g pepper for 10 min.
- ※Pro tip: Add 1 spoon of milk or starch to lock in moisture and enhance tenderness.

##### Step 2: Three-Layer Breeding Method

1. Prepare 3 plates: seasoned flour, beaten eggs, panko.
  2. Coat pork:  
Flouring: Dip pork chops in seasoned flour, shake off excess.  
Egg Washing: Submerge in egg mixture, flip with chopsticks to coat evenly; use hands to spread egg on edges.  
Breading: Transfer to panko plate, press gently with hands to ensure tight adhesion
- ※Let rest 1 min after each step

##### Step 3: Precision Frying

1. Oil Temperature Control:  
Heat oil in a pan over medium heat until a chopstick inserted causes small bubbles (about 160°C), then reduce to medium-low heat.
  2. Frying Time:  
Add pork chops and fry 3-4 minutes per side until golden brown.
- ※ Doneness check: Poke with a toothpick—if it pierces easily, it's ready; avoid over-frying to prevent toughness.

Email: Sales2@kuoshenzhongye.com ; WhatsApp: 8613998542870

[www.yinghok.com](http://www.yinghok.com)



## Zhongye Foods (Dalian) Co., Ltd.

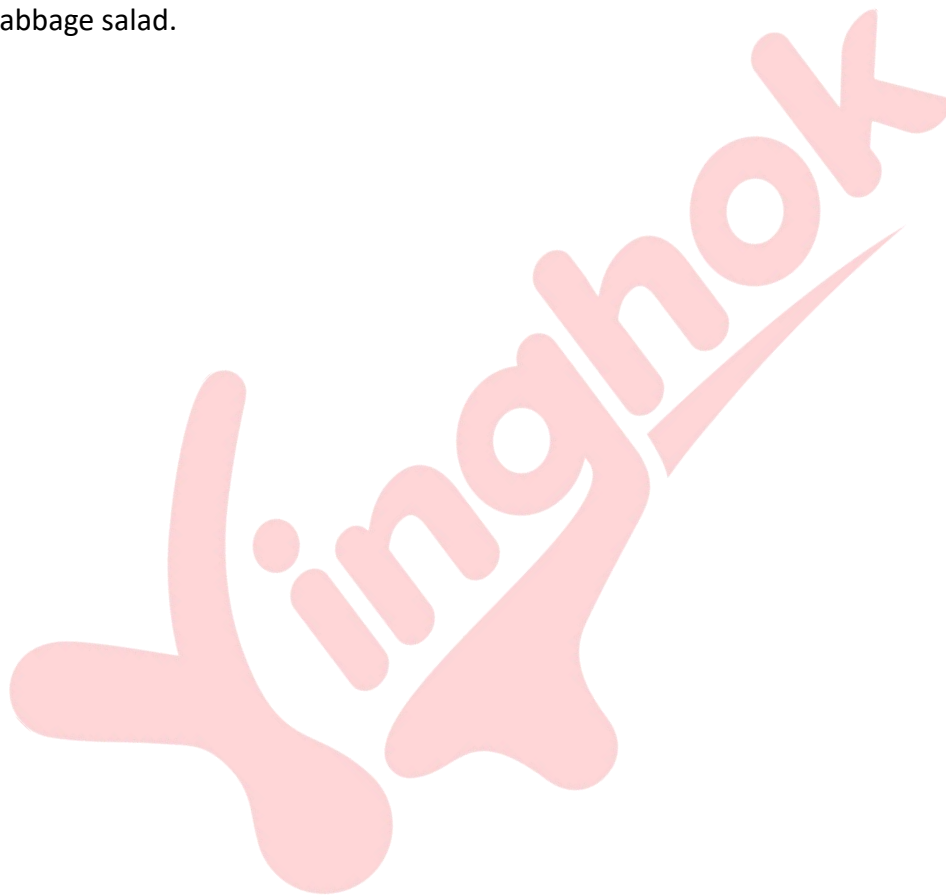
17-2-1, Liandong Road, Advanced Equipment Manufacturing Park, Economic and Technological Development Zone, Dalian City, Liaoning Province, China

### 3. Draining & Double-Frying (optional):

Remove chops and drain oil for 30 seconds. For ultimate crispness, reheat oil to 180°C and fry again for 10 seconds to release excess oil and harden the crust.

### Step 4: Plating & Pairing (Flavor Enhancement)

- ◆ Serve on a plate lined with kitchen paper. Pair with Yinghok Tonkatsu sauce.
- ◆ Side dish suggestions: Lettuce, pickled cucumbers for freshness, or fries and cabbage salad.



Email: Sales2@kuoshenzhongye.com ; WhatsApp: 8613998542870

[www.yinghok.com](http://www.yinghok.com)