Crispy Five-Spice Pork Chops

Description

A relatively short cooking time combined with a coating of five-spice seasoned panko crumbs give these tender, shallow-fried pork chops a deliciously crunchy exterior.

For a complete meal, serve over a bed of Hoisin-Soy Noodles and Sautéed Sesame Spinach (recipes included).



Summary

Yield: 4
Prep Time: 30 minutes
Category: Meats
Cuisine: American
Tags: pork chops

Ingredients

- 4 boneless pork loin pork chops - about 1 pound
- 1 egg
- 1 tbsp milk
- 1 1/4 cup Panko crumbs
- 1 tbsp five spice powder
- 1 1/2 tbsp vegetable oil
- 2 tbsp toasted sesame oil

Instructions

Trim any excess fat from the pork and lightly season both sides with salt and pepper.

Whisk the egg and milk together in a shallow dish. Combine the panko crumbs and five-spice powder on a flat plate and set next to the egg mixture.

Dip each chop into the egg mixture, turning several times to coat. Allow the excess to drip off, then coat the chops in the crumb mixture and transfer to a clean plate.

Heat the vegetable and sesame oils in a large skillet over medium-high heat. Add the chops and cook until lightly browned and crispy, 3 to 4 minutes per side. Transfer to a cutting board, allow to rest for 5 minutes, then slice.

To serve, make a bed of Hoisin-Soy Noodles on each plate, top with a serving of Sesame Spinach and a sliced pork chop.

Makes 4 servings

Recipe Notes:
Five-spice powder is a blend of ground cloves, cinnamon, fennel seed, szechuan peppercorns and star anise. If good and fresh, the flavor is rather intense, so adjust the quantity according to your own taste. We happen to like the full tablespoon.

Notes

Sautéed Sesame Spinach
10 ounces fresh spinach
2 teaspoons vegetable oil
1 teaspoon toasted sesame oil
2 teaspoons toasted sesame seeds
Preparation:
Heat the vegetable and sesame oils in a large skillet over medium-high heat. Add half the spinach, a pinch of salt, half of the sesame seeds and cook, tossing constantly with a pair of tongs until wilted. Transfer to a plate to keep warm and repeat with the remaining spinach.

Makes 4 servings

Hoisin-Soy Noodles
2 packages (3-ounces each) ramen noodles
2 teaspoons vegetable oil
1 teaspoon toasted sesame oil
3 tablespoons hoisin sauce
1-1/2 tablespoons soy sauce
Preparation:
Discard or save the noodle flavoring packet for another use. Bring a pot of water to a boil and cook the noodles just until tender and drain.

In a small bowl, whisk together the vegetable oil, sesame oil, hoisin sauce and soy sauce. Add to the ramen noodles and toss to coat.