

# Italian Breaded Pork Cutlets Recipe

## Ingredients:

- 4 pork cutlets, tenderized
- 1 cup Italian breadcrumbs
- 2 large eggs
- 1/2 cup grated Parmesan Reggiano
- Olive oil (amount varies depending on cooking method)

## Tenderizing the Pork Cutlets:

1. Prepare Your Workspace: Lay out a large piece of plastic wrap or parchment paper on your kitchen counter.
2. Place the Cutlets: Put a pork cutlet on the plastic wrap.
3. Cover: Place another piece of plastic wrap over the cutlet. This prevents splattering and keeps your meat tenderizer clean.
4. Get Pounding: Using a meat tenderizer or a rolling pin, gently pound the cutlet starting from the center and working your way out. Aim for an even thickness, about 1/4 inch, for even cooking.
5. Repeat: Do this for all four cutlets.

## Breading the Cutlets:

1. Beat the Eggs: Crack the eggs into a bowl and beat them until well mixed.
2. Mix Breadcrumbs and Parmesan: In a separate shallow dish, combine the Italian breadcrumbs and grated Parmesan Reggiano.
3. Dip and Coat: Dip each tenderized cutlet into the beaten eggs, ensuring both sides are well coated. Then, press each side of the egg-dipped cutlet into the breadcrumb mixture until fully coated.

## Cooking the Cutlets:

### Pan-Frying Method:

1. Heat the Oil: Pour enough olive oil into a large frying pan to thinly coat the bottom. Heat over medium heat.
2. Cook the Cutlets: Once the oil is hot, place the breaded cutlets in the pan. Cook for about 4-5 minutes on each side, or until golden brown and crispy.
3. Check the Temperature: The pork is done when it reaches an internal temperature of 145°F (63°C). Use a meat thermometer to ensure perfection.

### Air Frying Method:

1. Preheat Your Air Fryer: Set your air fryer to 400°F (200°C).
2. Cook the Cutlets: Place the breaded cutlets in the air fryer basket in a single layer. Cook for about 10 minutes, flipping halfway through, or until golden brown and crispy.
3. Temperature Check: Ensure the cutlets reach an internal temperature of 145°F (63°C) for safe and perfect doneness.

Prep Time: 20 minutes

Cook Time: 10 minutes (Air Fryer Method) / 10 minutes (Pan-Frying Method)