

Wiener Schnitzel

Serves 4

There are many versions of this classic dish. Vienna (Wien) claims the dish originated there, but Milan (as in Cotoletta alla Milanese) also claims it. I love veal, but it is sometimes difficult for me to find, I've adapted to using pork instead. I've also started using panko, Japanese breadcrumbs, which produce a light and airy crust. You can substitute homemade breadcrumbs: Simply put dried baguette or other artisan bread in a blender or food processor and chop or process to medium light crumbs. In fall and winter, I like these with a bowl of Brussels sprouts, broccoli or cauliflower with cheese sauce.

- 4 pork cutlets, each about $\frac{1}{2}$ inch thick or slightly less (about $1\frac{1}{2}$ pounds)
- $\frac{1}{2}$ cup milk
- 4 eggs, lightly beaten
- 1 $\frac{1}{2}$ cups panko or homemade breadcrumbs
- 2 tablespoons butter + more as needed
- 1 $\frac{1}{2}$ teaspoons sea salt or kosher salt
- 1 teaspoon freshly ground black pepper
- 2 lemons, halved

Instructions: Preheat an oven to 225° and place a serving platter in the oven.

Pound the cutlets (see "Cutlet

tips") until they measure roughly 7 by 10 inches and are very thin, about $\frac{1}{8}$ inch thick. It takes about 4 minutes per cutlet to accomplish this. The cutlets can be pounded the day before and wrapped in plastic wrap until ready to cook, if desired.

Pour the milk in a shallow bowl, and put the beaten egg in another. Sprinkle the panko or breadcrumbs on a sheet of aluminum foil.

In a large frying pan, melt the butter over medium-high heat. While it is melting, dip one cutlet into the milk, then the egg, and then lay it in the panko or breadcrumbs, then turn and coat the other side. Sprinkle with a little salt

and pepper. When the butter foams, put the breaded cutlet into the hot butter. If the pan is large enough, repeat with a second cutlet.

When the crust is golden brown, about 2 minutes, turn and repeat on the other side, 1-2 minutes. Remove and place on the warm platter in the oven. Repeat, adding more butter as needed, until all are done.

Serve hot, along with half a lemon.

Per serving: 320 calories, 39 g protein, 10 g carbohydrate, 13 g fat (6 g saturated), 180 mg cholesterol, 986 mg sodium, 0 fiber.