

Baked Pork Chops

Serves 4

The biggest problem with loin pork chops is achieving a moist, juicy meat while being confident that it is safe to eat. The answer is to brine the meat, coat it with homemade breading, and then bake it in the oven with a thermometer in the meat.



Ingredients:

- 3 Tbsp. salt
- 1 1/2 quart cold water
- 4, 6 oz. boneless pork chops, 3/4 to 1" thick trimmed
- 4 slices of hearty white bread, trimmed
- 2 Tbsp. vegetable oil
- 1 small shallot
- 2 garlic cloves
- 2 Tbsp. grated parmesan cheese
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 Tbsp. minced fresh parsley
- 1/2 tsp. minced fresh thyme
- 1/4 cup plus 6 Tbsp. divided all-purpose flour
- 3 large egg whites (9 Tbsp. liquid egg whites)
- 3 Tbsp. Dijon mustard
- Non-stick spray

Equipment

- Large pot for brining
- Rimmed baking sheet
- Three shallow dishes for dipping chops
- Wire rack
- Tongs for handling chops during dredging
- Temperature probe

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<input checked="" type="checkbox"/>	Directions	Time (min)	
	Mix 3Tbsp. salt in cold water, submerge pork chops and refrigerate, Preheat oven to 350 degrees		
	Trim 4 pieces of white bread and tear into 1" pieces	2	30
	Pulse bread in food processor (10 pulses) - makes about 3 1/2 cups	2	
	Mince 1 shallot and 2 cloves of garlic	3	
	Transfer bread to large bowl. Toss with 2 Tbsp. oil, shallot, garlic, 1/4 tsp. salt and 1/4 tsp. pepper	1	
	Transfer bread mixture to a rimmed baking sheet and spread evenly	1	
	Bake bread crumbs until a deep golden brown and dry		15
	Grate parmesan cheese	1	
	Mince parsley and thyme	2	
	Remove from oven and cool to room temperature. Increase oven temp to 425.		15
	Place 1/4 cup flour a shallow dish	1	
	In another shallow dish, whisk egg whites and mustard	1	
	To the egg whites whisk 6 Tbsp. flour until smooth with small lumps allowed	1	
	Spray wire rack, set in rimmed baking pan	1	
	Dry chops with paper towel and season with pepper	1	
	Mix cool bread crumbs with parmesan, parsley, and thyme	1	
	Dredge chop in flour, shake off excess	1	
	Using tongs, coat with egg mixture, let excess drip off	1	
	Coat all sides of chop with bread crumbs, press to adhere	1	
	Transfer chop to wire rack	1	
	Repeat for remaining chops	8	
	Bake until internal temp of 145 degrees	20	
	Remove from oven and rest	5	
		Total	85