



Oven-Baked Pork Chops



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Introduction

Schabowe z piekarnika, or oven-baked pork chops, is a delightful and comforting dish that combines traditional flavors with a healthier cooking method. This recipe offers a simple yet delicious way to enjoy a classic Polish meal with minimal effort, ensuring juicy and tender pork chops with a crispy crust.

Detailed Ingredients with measures

Pork chops – 4 pieces
Salt – to taste
Black pepper – to taste
Paprika – 1 teaspoon
Garlic powder – 1 teaspoon
Breadcrumbs – 1 cup
Egg – 1, beaten
Flour – 1 cup
Olive oil – 2 tablespoons

Prep Time

The preparation time for schabowe z piekarnika is approximately 20 minutes. This includes seasoning the pork chops and preparing the breading station.

Cook Time, Total Time, Yield

The cooking time takes about 25-30 minutes in the oven. In total, from preparation to serving, the recipe takes around 50 minutes. This recipe yields 4 delicious servings of oven-baked pork chops, perfect for family dinners or gatherings.



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Detailed Directions and Instructions

Preparation of the Pork Cutlets

Start by seasoning the pork cutlets with salt and pepper on both sides.

Pork Cutlet Coating

Prepare three separate bowls: one with flour, one with beaten eggs, and one with breadcrumbs. Dip each pork cutlet first into the flour, then into the egg, and finally coat with breadcrumbs.

Preheating the Oven

Preheat your oven to 180°C (356°F) to prepare for baking.

Preparing the Baking Tray

Line a baking tray with baking paper to prevent sticking.

Arranging Pork Cutlets

Place the coated pork cutlets on the prepared baking tray, ensuring they are spaced apart for even cooking.

See also [Instant Pot Ground Beef and Pasta Recipe](#)

Drizzling Oil

Lightly drizzle olive oil over the pork cutlets to enhance browning during baking.

Baking the Pork Cutlets

Bake the pork cutlets in the preheated oven for 25-30 minutes, flipping them halfway through for even cooking.

Serving the Dish

Once golden brown, remove the pork cutlets from the oven. Serve hot with your choice of side dishes.

Notes

Choice of Meat

You can use different types of pork meat for this recipe, such as loin or tenderloin.

Serving Suggestions

Consider serving the cutlets with mashed potatoes or a fresh salad to complement the dish.

Leftovers Storage

If you have leftovers, store them in an airtight container in the refrigerator for up to 3 days. Reheat before serving.



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Cook techniques

Oven Baking

Baking pork chops in the oven allows for even cooking and helps to achieve a crispy exterior while keeping the meat tender and juicy.

Marinating

Marinating the pork chops before cooking enhances the flavor and helps to tenderize the meat, making for a more enjoyable eating experience.

Resting Meat

Allowing the pork chops to rest after cooking helps redistribute the juices, resulting in a more moist and flavorful piece of meat.

Using a Meat Thermometer

Utilizing a meat thermometer ensures that the pork reaches the optimal internal temperature, ensuring it is safe to eat without overcooking.

Crispy Coating

Achieving a crispy coating on the pork chops can be enhanced by using breadcrumbs or crushed crackers before baking, giving a satisfying crunch.

FAQ

Can I use other cuts of pork for this recipe?

Yes, other cuts of pork can be used, but the cooking times may vary depending on thickness and type.

See also Zucchini Salad for Winter

What should I serve with oven-baked pork chops?

Oven-baked pork chops pair well with a variety of sides such as mashed potatoes, steamed vegetables, or a fresh salad.

Can I freeze leftovers?

Yes, cooked pork chops can be frozen for later use. Ensure they are properly stored in an airtight container or freezer bag.

How can I ensure my pork chops are juicy?

To keep pork chops juicy, avoid overcooking and consider using a marinade or brine.

What temperature should pork be cooked to?

Pork should be cooked to an internal temperature of 145°F (63°C) followed by a three-minute rest period.



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Conclusion

The baked pork chops are a delicious and convenient dish that brings great flavors to your table with minimal effort. This recipe allows you to enjoy juicy, tender meat while freeing up some time for yourself. It's perfect for family dinners or meal prep for the week.

More recipes suggestions and combination

Garlic and Herb Roasted Chicken

A simple and flavorful chicken recipe that pairs well with roasted vegetables and a side salad.

Crispy Baked Salmon with Lemon

A healthy fish option that is quick to prepare and goes wonderfully with quinoa and steamed broccoli.

Vegetable Stir-Fry with Tofu

A vibrant dish that features seasonal vegetables and tofu, ideal for a light and colorful meal.

Stuffed Bell Peppers

Colorful bell peppers filled with seasoned rice, beans, and cheese that make for a filling and nutritious dinner.

Herbed Beef Stew

A hearty stew packed with tender beef and vegetables, perfect for cozy days and served with crusty bread.

Pasta Primavera

A light pasta dish loaded with fresh vegetables and a simple sauce, great for a quick, healthy meal option.

See also [Classic Shepherd's Pie Recipe](#)



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