

HOW DO I MAKE...

# Polish Pork Cutlet (Kotlet Schabowy)

BY Will Kawalec, Play to Learn Facilitator



## INGREDIENTS & MATERIALS

- Boneless Pork Chops
- Bowl/plate of breadcrumbs (about a cup)
- 2 eggs, beaten
- Bowl/plate of flour (about a cup)
- Enough vegetable oil to cover saucepan, about ¼ of an inch
- Salt and pepper to taste, (other seasonings to taste)
- Dijon or Spicy Mustard (personal preference)
- Medium saucepan
- 1 small mixing bowl
- 2 large bowls or plates
- Cooking thermometer
- Tongs
- Meat tenderizer



## ACADEMIC SUBJECT(S):

Science, Social Studies, ELA

## THIS LESSON SUPPORTS 3rd – 5th GRADE CURRICULUM:

ELA: 3R4, 4R4, 5R4, 3R7, 4R7

## THIS LESSON SUPPORTS AREAS OF ELEMENTARY EDUCATION

Children can assist throughout this lesson; adults must oversee especially with hot oil.

## DIRECTIONS



**STEP 1** Take pork pieces and pound with tenderizer until thin, the thinner the pork the faster the cooking time.

**STEP 2** Pour flour and breadcrumbs into separate dishes. (I like to add some salt and pepper to both dry dishes.)

**STEP 3** Beat 2 eggs thoroughly.

**STEP 4** Take a single pork piece and coat with the flour, then the egg, then the breadcrumbs.

**STEP 5** Pour oil into the medium saucepan heat to around 325°-350° over medium high heat, oil must be hot, or the pork will be soggy.

**STEP 6** Once the oil is heated, using tongs place the breaded pork into the oil, leaving it in the pan until the bottom begins to crisp and turn brown.

**STEP 7** Flip the pork cooking it until it is entirely dark brown and crispy.

**STEP 8** Let rest for 5 minutes, serve however one desires. I like to serve with mustard.



## VOCABULARY

**POLAND:** A country in Eastern Europe, capital is Warsaw, flag is red and white. There is a rich Polish history in Buffalo, many local Polish people make traditional Polish meals such as fried pork.

**TONGS:** A kitchen tool used to grab and flip food, to keep hands clean and/or safe.

