

FutureChef

Resources: Recipes

Amber's Pork Schnitzel and Cucumber Salad



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Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful, please get in touch with us at info@futurechef.uk.net



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INGREDIENTS

Schnitzel

- 4 pork loin steaks
- 2 x whole eggs – beaten
- 100g cornflour
- ½ tsp paprika
- 150g breadcrumbs
- 1 x lemon zest
- Salt
- Black pepper

Cucumber salad

- 1 x cucumber
- 2-3 garlic cloves – minced
- Pinch of paprika
- 1 tbsp white wine vinegar
- 1 tsp sugar
- ½ pint water
- Salt – a pinch
- Cracked black pepper
- 1 x lemon



This German-style pork schnitzel is the perfect quick and easy weeknight meal

METHOD

1. Cut the fat off the pork loins and beat with a rolling pin or meat hammer.
2. Season the cornflour and add the paprika. Next add the lemon zest to breadcrumbs and coat the pork in the cornflour, followed by the egg then the breadcrumbs.
3. Take a frying pan with a small amount of oil and heat until hot. Gently lower the pork loin into the oil, cooking on each side until golden brown and cooked through, roughly 5-6 minutes.

4. **Thinly Slice the cucumber with a peeler or mandolin and place into a bowl. Thoroughly mix the salt and garlic through the cucumber and leave to sit for 1-2 hours.**
5. **Separately mix the water, sugar, and vinegar together.**
6. **Place the cucumber into a cheese cloth or clean cloth and squeeze out any excess water and add the cucumber to the vinegar mix followed with a sprinkle of paprika and pepper.**
7. **Serve with fresh lemon to squeeze over the pork.**