



Food For Thought Recipe and Allergen Card

Kotlet Schabowy

100 Portions

Ingredient	Hannah Product Code	Quantity
Raw Pork Loin (very thin)	Cook's	1 Per Portion
Plain flour	D200205	For breading
Beaten Egg	C000350	For breading
Panko Breadcrumbs	D006710	For breading
Salt and Pepper	D001199, D001103	To season

RECIPE METHOD – ALLERGENS

1. Season the pork with salt and pepper
2. Set up a 'breading station' with flour, egg and breadcrumbs
3. Coat the pork in flour and knock off the excess
4. Dip the floured pork in beaten egg and remove excess
5. Coat the pork in breadcrumbs
6. Deep fry the breaded pork in oil at 170°C until 75°C core temperature
7. Serve with buttered boiled potatoes in parsley, and boiled cabbage

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...