

Chef Spotlight

Celebrating Foods of the World



Smothered Pork Chops

INGREDIENTS MAKES 4 SERVINGS

- 4 pork chops (3/4- to 1-inch thick)
- 1 sweet onion, thinly sliced
- 2 teaspoons seasoned salt
- 2 teaspoons garlic powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 cup flour
- 1/2 cup vegetable oil
- 2 cups water

Make your own version of a “happy meal” with our can’t-miss recipe for Smothered Pork Chops. You’re sure to be a hit with family and friends alike from the moment they get their first whiff of this protein-rich entrée simmering on the stove.

PREPARATION

Wash the pork chops in cold water and pat dry with paper towels. Set aside. In a small bowl combine seasoned salt, garlic powder, black pepper and paprika. Rub about 3/4 teaspoon of seasoning mix on each pork chop. Be sure to season both sides. Save the leftover seasoning for later use in onion gravy. Coat each piece of meat with flour and set aside. Keep the excess flour. Heat vegetable oil in heavy skillet over medium-high heat. Brown the pork chops on each side for about 3 minutes. Once the meat is browned, remove it from the skillet and put on a plate covered with paper towels.

In the pork drippings, add the sliced onions to the skillet and cook until browned. Add remaining flour to the skillet and a very small amount of water. Stir the onions and flour together continuously until golden brown; be careful not to burn it. Add 2 cups water to the onion gravy and stir. Bring to a boil over medium high heat. Return pork chops to skillet and reduce heat to simmer; cover and cook for about 1 hour. Add additional seasoning to taste. Serve with mashed potatoes, wilted greens and dinner roll.

For a Chef action tip: Prepare the pork chops and mashed potatoes and keep them warm at the station. Sauté fresh greens to order. Offer your guests a choice of 1 or more greens. Set the station with oil, salt, pepper and water. You can also add items like diced tomato, roasted onions, chopped garlic, shredded carrots, fresh chopped parsley, chopped cooked bacon or other vegetables, herbs or additions. Heat the oil in a pan. Add the ingredients. Use a little water to help the vegetables cook faster. Season to taste.

Brought to you by:



BON APPÉTIT
MANAGEMENT COMPANY
food services for a sustainable future