

Skillet Pork Chops with Apples

Mark Bittman's *How To Cook Everything Basic* (via Oprah's website)



2 pounds pork chops, preferably bone in (6 to 8 ounces each) 1" thick [I used chops that were 1/2" thick so cooked it for less time]

2 tablespoons olive oil

Salt and freshly ground black pepper

1/2 cup dry white wine, or light-bodied beer

2 tablespoons chopped shallot, or red onion

3 medium apples, peeled, cored, halved, and sliced [I used less]

1 large onion, halved and sliced

1/2 cup chicken stock, or more as needed

1 tablespoon fresh lemon juice

1 tablespoon butter

2 tablespoons parsley, chopped fresh for garnish

Servings: 4

1. Blot the chops dry with a paper towel. Put a large skillet over medium-high heat and add the olive oil. When it's hot, add the chops, turn the heat to high, and sprinkle with salt and pepper. When they brown and release from the pan easily, turn the chops, season again, and cook this side the same way. The whole process should take about 2 minutes per side or 3 to 5 minutes total.

2. Reduce the heat to medium and add the wine—be careful here; the wine may splatter a bit when it hits the hot oil—and the shallot and cook, turning the chops once or twice, until the wine is almost evaporated, 1 or 2 minutes. Transfer the chops to a plate and return the pan to the heat.

3. Add the apples and onion to the hot pan and stir until they start to stick, 1 or 2 minutes. Add the stock, stirring and scraping up any browned bits from the bottom of the pan. Return the chops to the pan, along with any juices accumulated on the plate. Bring the mixture to a boil, reduce the heat so it bubbles steadily, then cover.

4. Cook, stirring occasionally and turning the chops once or twice, until the chops are tender, 5 to 10 minutes; add another 1/2 cup stock or water if the apples start to stick. When the chops are done, they will be firm to the touch, their juices will run just slightly pink, and when you cut into them the color will be rosy at first glance but turn pale within seconds. By this time the apples and onions will also be soft. Stir in the lemon juice and butter and taste and adjust the seasoning. Serve the chops with the sauce on top, garnished with the parsley.

Per Serving (excluding unknown items): 535 Calories; 32g Fat (56.7% calories from fat); 36g Protein; 20g Carbohydrate; 3g Dietary Fiber; 119mg Cholesterol; 390mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1 Fruit; 3 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>