

Deviled Pork Chops

America's Test Kitchen



Servings: 4

Notes: For the best results, be sure to buy chops of similar size. This recipe was developed using natural pork; if using enhanced pork (injected with a salt solution), do not add salt to the mustard paste in step 2. Serve the pork chops with mashed potatoes, rice, or buttered egg noodles.

1. Adjust oven rack to middle position and heat oven to 275°F.
2. Melt butter in 10-inch skillet over medium heat. Add panko and cook, stirring frequently, until golden brown, 3 to 5 minutes. Transfer to bowl and sprinkle with 1/8 teaspoon salt. Stir Dijon, sugar, dry mustard, garlic, cayenne, 1 teaspoon salt, and 1 teaspoon pepper in second bowl until smooth.
3. Set wire rack in rimmed baking sheet and spray with vegetable oil spray. Pat chops dry with paper towels. Transfer chops to prepared wire rack, spacing them 1 inch apart. Brush 1 tablespoon mustard mixture over top and sides of each chop (leave bottoms uncoated). Spoon 2 tablespoons toasted panko evenly over top of each chop and press lightly to adhere.
4. Roast until meat registers 140°F, 40 to 50 minutes. Remove from oven and let rest on rack for 10 minutes before serving.

- 2 tablespoons unsalted butter
- 1/2 cup panko break crumbs
- Kosher salt and pepper
- 1/4 cup Dijon mustard
- 2 teaspoons packed brown sugar
- 1 1/2 teaspoons dry mustard
- 1/2 teaspoon garlic, minced to paste
- 1/4 teaspoon cayenne pepper
- 24 ounces boneless pork chops, 3/4 to 1 inch thick

Per Serving (excluding unknown items): 390 Calories; 19g Fat (44.9% calories from fat); 39g Protein; 13g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 348mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 52mg Calcium; 2mg Iron; 698mg Potassium; 432mg Phosphorus. Exchanges: 8 Grain(Starch).

Carolyn T's Blog: tastingspoons.com