

Milk Braised Pork Chops

Adapted from about.com, Diana Rattray

Internet address:



4 pork loin chops, about 3/4 to 1-inch thickness

2 tablespoons all-purpose flour

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper, or more, or seasoned pepper

3/4 teaspoon dried thyme, [my addition]

2/3 cup milk

2 teaspoons butter

2 teaspoons vegetable oil

3/4 cup milk, added at the end (may not need all of it)

1/2 teaspoon Penzey's chicken soup base, or other paste-type chicken base

1 cup mushrooms, sliced (optional)

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

Servings: 4

1. Trim excess fat from the pork chops.
2. Combine flour, thyme, salt, and pepper in a large food storage bag. Add chops; shake to coat them with the seasoned flour mixture. Remove chops from bag; pour remaining flour mixture in a medium bowl and gradually whisk in 2/3 cup milk. Whisk to remove any and all lumps.
3. In a skillet over medium heat, melt butter with the vegetable oil. Add pork chops and cook for 3 minutes on each side, or until browned. Pour off all but 2 teaspoons of the drippings. Add milk and flour mixture to the skillet. Stir well until it's smooth, adding more milk if needed, so it's a soupy sauce, not a thick one or it will burn during the braising process.
4. Cover, reduce heat to low, and cook for 30 minutes, stirring occasionally.
5. Turn the chops over. Add remaining milk and chicken soup base (paste); stir to dissolve; cover and cook 20 to 30 minutes longer, stirring occasionally. Add mushrooms, if you'd like to during this section of cooking. If the soupy sauce boils away too soon, add more milk and reduce heat.
6. Uncover skillet and cook the chops for about 15 minutes longer, or until the liquid is reduced to about 1/4 cup, or to your desired consistency.

Per Serving (excluding unknown items): 235 Calories; 12g Fat (48.1% calories from fat); 22g Protein; 8g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 309mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.