

Sauteed Pork Chops with Sweet-and-Sour Red Cabbage

Author: Adapted from Gourmet, Sept. 2006

Carolyn T's
Main Cookbook
Servings: 4



4 slices thick-sliced bacon, chopped
1 tablespoon vegetable oil
1 medium onion, chopped
1 small red cabbage, halved lengthwise, cored, and sliced 1/4 inch thick (or white cabbage, or mixture)
1/4 cup red wine vinegar
3/4 cup water
2 tablespoons sugar, or Splenda
1/2 teaspoon caraway seeds
1 1/4 teaspoons salt
3/4 teaspoon freshly ground black pepper
2 teaspoons Italian seasoning
3 pounds bone-in pork center rib chops, about 1-inch thick

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

Your Text Here

Per Serving (excluding unknown items): 612 Calories; 40g Fat (59.6% calories from fat); 49g Protein; 12g Carbohydrate; 1g Dietary Fiber; 144mg Cholesterol; 967mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 4 Fat; 1/2 Other Carbohydrates.

Notes: You want to serve this when the cabbage is just barely tender (and not overcooked) so it still has pretty bright-purple color. Have all ingredients ready before you begin. Start bacon and onion mixture first. When you're ready to add the cabbage, also start the pork browning. You'll come out about on time with both dishes.

Description: A good stick-to-the-ribs dinner and certainly suitable for guests too.

1. Put oven rack in middle position and preheat oven to 450°F.
2. Cook bacon in a 4- to 5-quart wide heavy pot over moderate heat, stirring occasionally, until crisp, and transfer with a slotted spoon to paper towels to drain. Measure fat and, if less than 2 tablespoons, add enough vegetable oil to bring total to 2 tablespoons. Heat fat over moderately high heat until hot but not smoking, then cook onion, stirring occasionally, until it begins to turn golden, about 2 minutes. Add cabbage and turn with tongs until coated with fat. Stir in red-wine vinegar, water, sugar, caraway seeds, 3/4 teaspoon salt, and 1/4 teaspoon pepper and braise cabbage over moderately low heat, covered, stirring occasionally, until tender, 25 to 35 minutes.
3. Meanwhile, pat 2 pork chops dry and sprinkle both sides with 1/4 teaspoon salt and 1/4 teaspoon pepper (total). Then pat both sides of chops with the Italian seasoning. Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown seasoned chops, turning over once, 5 minutes total, and transfer to a shallow baking pan (1 inch deep). Season remaining 2 chops and brown in oil remaining in skillet in same manner, transferring to baking pan. Roast chops in oven until thermometer inserted horizontally 2 inches into center of a chop (do not touch bone) registers 145°F, 5 to 8 minutes.
4. Meanwhile, stir half of bacon into cabbage, then finely chop remaining bacon for sprinkling.
5. Let chops stand in pan, loosely covered with foil, 5 minutes. Serve chops over cabbage, with any pan juices spooned over and sprinkled with bacon.