

Pork Chop Dos and Don'ts

**DO CHOOSE YOUR CHOP** Pork chops can be found under a variety of names, including loin, rib, sirloin, top loin and blade chops. Make sure you review the recipe you want to make before grocery shopping to know what variety of pork chop you need to purchase.

**DO SIZE IT UP** Believe it or not, all pork chops cook the same! The length of cooking primarily depends on the thickness of the chop, which can vary from 1/2 to 2 inches. Whether you choose chops boneless for convenience or chops with the bone attached for their attractive appearance, the cooking time is always just minutes per side.

**DO CHECK THE TEMPERATURE** Because pork chops can often be overcooked, checking the internal temperature often will help prevent dry chops. Cook chops until the internal temperature reaches 145 degrees F followed by a three-minute rest time, and is a little pink inside.

**DO INFUSE FLAVOR** You can make tasty chops without a recipe—just season them with a rub, sauce or marinade, like teriyaki or barbeque. Fruit toppings, salsas and chutneys are a great way to top off a chop too!



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Ginny (Virginia) Becker of Great Falls  
1st Place, Montana State Fair

Tangy Saucy Pork Loin Chops

- 6 pork loin chops, boneless or bone-in, 3/4-inch thick
- 4 cloves garlic, minced
- 2/3 cup apple jelly
- 2/3 cup catsup
- 2 tablespoons vinegar
- 2 teaspoons chili powder
- Nonstick cooking spray

Combine apple jelly, catsup, vinegar and chili powder in a medium-sized saucepan. Bring to boil, stirring frequently. Remove from heat.

Spray a large skillet with nonstick cooking spray. Heat skillet over medium heat. Brown chops on one side. Turn over and top each chop with crushed garlic. When browned on second side, spoon about 1 cup of the sauce over meat. Cover skillet and cook about 6 minutes longer or until internal temperature is 145 degrees F. Allow to rest for 3 minutes before serving with remaining sauce. Serves 6

**Nutrition Facts**  
Calories 259, Protein 22g, Fat 7g, Sodium 396mg, Cholesterol 56mg, Saturated Fat 2g, Carbohydrates 31g, Fiber 0g

Irene Eslinger of Coleharbor  
1st Place, North Dakota State Fair

Poppy-Seed Pork Cutlets Alfredo

- 1 1/2 pounds pork cutlets, tenderized, 1/4-inch thick, OR boneless pork top loin thin chops, 1/2-inch thick
- 1 teaspoon Chef Paul Prudhomme's® Pork and Veal Magic® seasoning
- 5 tablespoons olive oil
- 1 medium onion, thinly sliced and separated into rings
- 1 16-oz. jar Alfredo sauce with Parmesan cheese OR Alfredo sauce
- 1 4-oz. can sliced mushrooms, drained
- 1 1/4 teaspoons poppy seeds
- 1/4 teaspoon freshly ground black pepper

If using top loin chops, place each chop between two pieces of plastic wrap; flatten to 1/4-inch thickness. Sprinkle seasoning and blend evenly on both sides of pork cutlets or chops.

Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Add half of the pork cutlets. Cook cutlets quickly for 2 to 3 minutes on each side or until surfaces are brown and interiors are no longer pink. Remove from skillet and drain on paper towels. Loosely cover with foil to keep warm. Repeat with 2 tablespoons more oil and remaining cutlets.

Pour drippings from skillet; discard drippings. Wipe skillet with paper towels. Heat remaining 1 tablespoon oil in skillet. Add onion; cook, stirring occasionally, over medium heat for 3 to 4 minutes or until tender but not brown.

Stir in Alfredo sauce, mushrooms, poppy seeds and pepper. Add pork cutlets to sauce mixture in skillet. Cover and cook over medium-low heat for 1 to 3 minutes or until heated through. Serves 5 to 6

**Nutrition Facts**  
Calories 389, Protein 24g, Fat 31g, Sodium 622mg, Cholesterol 93mg, Saturated Fat 8g, Carbohydrates 6g, Fiber 1g



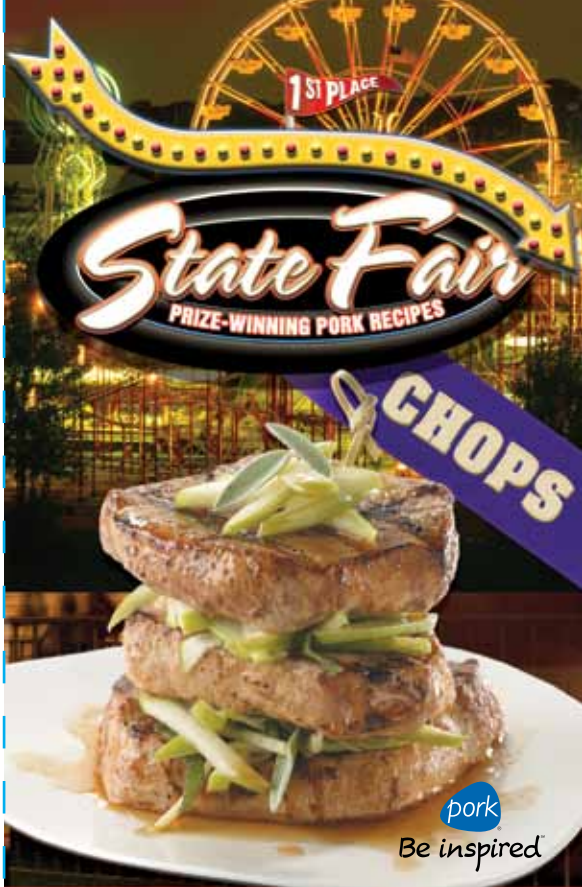
Athena Workman-Jernigan of Nashville  
1st Place, Tennessee State Fair


Fiesta Pork Chop Casserole

- 4 boneless pork sirloin chops (1/2-inch thick) about 1 1/4 lbs.
- 2 1/2 cups frozen roasted potatoes (original salt and pepper seasoned) (about 1/2 of a 20-oz. bag)
- 3/4 cup Monterey Jack Con Queso or Mexican white cheese dip (about 1/2 of a 15 1/4-oz. jar)
- 1 10-oz. can diced tomatoes and green chilies, drained (mild or original Ro-Tel®)
- 4 flour tortillas, warmed
- 1 lime (cut into wedges)
- Nonstick cooking spray

Heat oven to 375 degrees F. Spray 13x9x2-inch shallow casserole dish lightly with cooking spray. Place pork chops in bottom; set aside. In a medium bowl, stir together potatoes and cheese dip. Spoon potato-cheese mixture around the edge of the pork chops. Pour tomato mixture on top of pork chops. Bake, uncovered, for 30 minutes or until pork is tender. Serve with additional Con Queso and warmed flour tortillas. Garnish with lime wedges. Serves 4


**Nutrition Facts**  
Calories: 471, Protein 36g, Fat 16g, Sodium 1189mg, Cholesterol: 89mg, Saturated Fat 4g, Carbohydrates 43g, Fiber 3g





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Fast and Easy Garlic and Lime Butterfly Pork Chops

- 4 pork chops, boneless, butterfly cut, about 1/2-inch thick

- 1/2 cup salsa ranch dressing (such as Spicy Ranch Dressing)
- 1/2 cup shredded Monterey Jack cheese (about 2 oz.)

Place the pork in a shallow dish, add the lime juice and garlic, turn several times to coat well. Cover with plastic wrap and refrigerate 30 minutes. Sprinkle both sides of the pork evenly with the salt and pepper. Heat half of the oil in a large skillet over medium-high heat. Add two of the pork chops; cook 2 minutes to brown one side. Set aside on separate plate, browned side up. Repeat with remaining oil and pork chops. Turn pork chops, add the reserved pork chops, reduce heat to medium-low; cover and cook 9 minutes or until pork is no longer pink in center. Remove pork and set aside on separate plate. Add dressing to liquid in skillet, stir until completely blended. Place pork on top of sauce, sprinkle cheese evenly over pork, cover and cook 2 minutes to melt cheese. Serves 4; 1 pork chop plus 1/4 cup sauce per serving.

**Nutrition Facts**  
Calories 620, Protein 53g, Fat 42g, Sodium 620mg, Cholesterol 165mg, Saturated Fat 10g, Carbohydrates 2g, Fiber 0g

Pork Wow

- 4 boneless pork sirloin chops, about 1/2-inch thick
- 2 teaspoons salsa spice (such as McCormick® Salsa

- Seasoning Mix)
- 1 cup sliced tomatoes
- 1/2 cup sliced black olives
- 1/2 cup sliced green olives with pimento, drained
- 1 cup frozen corn kernels
- 1 teaspoon salsa spice (such as McCormick® Salsa Seasoning Mix)

Sprinkle 2 teaspoons salsa spice evenly over both sides of pork. Heat oil in a large skillet over medium- high heat until hot. Add the pork; cook 2 minutes, turn and cook 1 minute; top with the remaining ingredients, reduce heat, cover tightly and simmer 20 minutes or until pork is very tender. Serves 4; 1 pork chop and 1/4 cup corn mixture per serving.

**Nutrition Facts**  
Calories 320, Protein 35g, Fat 15g, Sodium 680mg, Cholesterol 100mg, Saturated Fat 5g, Carbohydrates 13g, Fiber 2g



Combine preserves and cranberries in a small metallic bowl or pan. Place on grill over direct heat until it begins to bubble. Place pork chops on grill and cook 3 minutes; turn and cook 3 minutes longer or until richly browned, using a spatula to prevent the cheese mixture from leaking out. Move pork chops to indirect heat and continue cooking for an additional 4 to 6 minutes per side or until done. Place pork on serving platter and let stand 5 minutes before serving. Meanwhile, add the horseradish to apricot mixture. Stir well. Spoon equal amounts over each pork chop. Serves 4; 1 pork chop plus about 3 tablespoons sauce per serving.

Heat grill to high heat. Combine cream cheese and cummin in a small bowl. Cut opening in each chop from the outer side, creating a pocket, being careful not to cut through the other side of the chop. Fill each pocket with equal amounts of cream cheese mixture. Secure with wooden toothpicks in several areas to help prevent cream cheese mixture from escaping during the cooking process.

- 4 pork chops, bone in, about 1-inch thick
- 1 8-oz. package cream cheese
- 1 teaspoon ground cummin
- 1/2 cup apricot preserves
- 1/4 cup dried sweetened cranberries
- 2 tablespoons prepared horseradish

Jennifer Asel of Avondale, PA  
1st Place, Delaware State Fair

Pork Pocket Delight

"There's no state fair like my state fair!" boasts the song tribute to the many state fairs that take place across the country every year. At the fair, you can experience the biggest and the best in your state—from the biggest boar to the best pork recipe! The National Pork Board sponsored the "We Want WOW Now Pork Recipe Contest" at U.S. fairs, awarding ribbons and cash to cooks across the country for their quick, easy, creative and tasty pork recipes. On behalf of America's pork producers, we are now sharing those first-place winners with you!

Each recipe has only five ingredients plus pork (salt, pepper, water and oil don't count) and were judged the best for getting a creative dinner together fast. Serve up these winners at your table. You may not get a ribbon, but empty plates, full stomachs and smiles all around will be the best prize of all!

America's Pork Producers

For more recipe ideas, visit [www.PorkBeInspired.com](http://www.PorkBeInspired.com)



Carol Nau of Waverly  
1st Place, Nebraska State Fair

Pork Wowsa

- 6 pork boneless loin chops, 1-inch thick
- 1 16-oz. can whole cranberry sauce
- 1 cup Catalina salad dressing
- 1 medium tart apple, chopped
- 1 envelope dry onion soup mix (1/2 of a 2-oz. package)
- 1/4 cup coarsely chopped pecans

Preheat oven to 350 degrees F. Place chops in a 9x13-inch baking dish. Mix together cranberry sauce, salad dressing, apple, onion soup mix and pecans. Pour over chops. Bake uncovered for 35 to 40 minutes or until chops reach an internal temperature of 145 degrees F. Let stand 5 minutes.

Serving Suggestions: Serve over your favorite pasta. Add a green salad and hot roll for a delicious meal to wow even a king! Serves 6

**Nutrition Facts**  
Calories 432, Protein 23g, Fat 20g, Sodium 961mg, Cholesterol 56mg, Saturated Fat 3g, Carbohydrates 45g, Fiber 3g

Robin Griner of Phoenix  
1st Place, Arizona State Fair

Peppered Pork Pie

- 1 15-oz. package refrigerated ready-to-bake piecrusts
- 1 tablespoon vegetable oil
- 1 1 1/2 pounds boneless pork loin chops, cut into 1-inch cubes
- 1 green bell pepper, seeded and cut into 1-inch pieces
- 1 red bell pepper, seeded and cut into 1-inch pieces
- 2 tablespoons flour
- 1 10.75-oz. can cream of mushroom soup
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup shredded Mexican blend four cheese (2 oz.)

Heat oven to 375 degrees F.

Unroll one piecrust and place in 9-inch deep-dish pie pan; refrigerate while preparing pork mixture.

Add oil to large skillet. Cook pork and peppers over medium heat until pork is cooked, about 12 minutes, stirring frequently. Drain pork and peppers and return to heat. Sprinkle evenly with flour; add soup, salt and pepper. Mix thoroughly, remove from heat and add cheese.

Spoon pork mixture into chilled piecrust and top with the remaining piecrust and seal edges. Bake 40 to 45 minutes or until golden brown. Place on wire rack and cool 15 minutes before serving. Serves 6

**Nutrition Facts**  
Calories 590, Protein 32g, Fat 32g, Sodium 880mg, Cholesterol 95mg, Saturated Fat 13g, Carbohydrates 43g, Fiber 1g



Paulette Graham of Raleigh  
1st Place, North Carolina State Fair

Carolina Riesling Pork Chops

- 8 boneless pork top loin thin chops, 1/2-inch thick (about 11/2 lbs.)
- 1 1 1/2 teaspoons salt
- 1 teaspoon coarsely ground black pepper
- 1/4 cup olive oil (4 tablespoons)
- 12 cloves garlic, minced (2 tablespoons)
- 8 ounces mushrooms, sliced
- 2 cups dry Riesling wine
- 3 tablespoons fresh lemon juice (about 1 lemon)
- 1/2 cup heavy cream

Sprinkle pork chops with salt and pepper. Heat 2 tablespoons oil in large skillet over medium-high heat. Add half of the chops. Brown chops quickly for 1 to 2 minutes on each side. Remove from skillet and keep warm. Repeat with remaining 2 tablespoons oil and chops.

Reduce heat to medium-low; add garlic to skillet. Cook and stir for 30 seconds. Add mushrooms. Cook, stirring occasionally, for 5 minutes or until tender and moist. Remove skillet from heat.

Add Riesling and lemon juice to mushrooms in skillet. Return skillet to heat; add pork chops. Bring to boil. Reduce heat; cover and gently simmer over low heat for 30 minutes. Stir in cream. Bring to boil. Reduce heat; simmer, uncovered, over medium-high heat for 5 to 10 minutes or until slightly thickened. Serves 4

**Nutrition Facts**  
Calories 516, Protein 35g, Fat 30g, Sodium 1100mg, Cholesterol 125mg, Saturated Fat 10g, Carbohydrates 12g, Fiber 1g



Pork Apple Stacks

Cindy Roberts of Springfield, MO  
1st Place, Ozark Empire Fair

Elegant Cherry Pork Chops

- 4 boneless pork chops, 3/4-inch thick freshly ground black pepper
- 1 16-oz. can cherry pie filling
- 1 teaspoon instant chicken bouillon granules
- 1 teaspoon lemon juice
- 1/4 teaspoon ground mace

Sprinkle pork chops with pepper. Brown in a large skillet, on medium-high heat about 3 minutes per side.

In slow cooker, stir together cherry pie filling, chicken bouillon granules, lemon juice and ground mace. Place the browned pork chops on top of the cherry mixture. Cover and cook on the low-heat setting 5 hours or until pork is tender.

Place chops on serving plate and pour some of the cherry sauce on top and garnish with parsley or kale. Serves 4

**Nutrition Facts**  
Calories 261, Protein 22g, Fat 3g, Sodium 255mg, Cholesterol 56mg, Saturated Fat 0g, Carbohydrates 32g, Fiber 1g



Karen Harshbarger of Mediapolis  
1st Place, Iowa State Fair

Pork Apple Stacks

- 6 boneless pork loin chops, 1/2-inch thick
- 4 tablespoons apple brandy OR brandy, divided
- 1 large Granny Smith apple, grated
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons maple syrup
- 3 fresh sage leaves, chopped
- Maple syrup, fresh sage and sliced apple (optional)

Brush the chops with 2 tablespoons apple brandy. Grill over medium heat 6 to 8 minutes or until 145 degrees F. Remove from heat and cover; let rest for 3 minutes.

Meanwhile, combine grated apple, olive oil, lemon juice, maple syrup, 2 tablespoons apple brandy and chopped sage. Drizzle two plates with a little maple syrup. Place one chop on each plate and top with 1 heaping tablespoon apple slaw. Repeat layers. Place a third chop on each stack and top with remaining slaw. If desired, use a large pick to hold all in place. Garnish with apple slice and sage leaves. Serves 2

**Nutrition Facts**  
Calories 669, Fat 22g, Cholesterol 163mg, Carbohydrates 30g, Protein 64g, Sodium 542mg, Saturated Fat 5g, Fiber 3g



Rib chop...blade chop...  
sirloin chop...loin chop  
— so many kinds of chops  
and so many ways to prepare  
them. Prized as one of  
America's most favorite and  
versatile cuts, pork chops  
are quick and easy to prepare.  
In our top pork challenge,  
state fair cooks from across  
America shared with us  
their best chop recipes.  
From weeknight favorites  
to company specials,  
here you'll find a  
sampling of some of  
the best of the best.

Sherry Kishman of Syracuse  
1st Place, New York State Fair

Sherry's Fruited Pork Stacks

- 6 boneless pork loin chops, 3/4-inch thick
- 12 slices of canned pineapple
- 2 medium sweet potatoes cut into 6 3/4-inch slices
- 6 tablespoons brown sugar
- 1/2 cup orange marmalade
- 2 tablespoons soy sauce

Preheat oven to 375 degrees F. Arrange six pineapple slices in 9x13-inch baking dish. Coat each pork chop with brown sugar and place on top of a pineapple slice.

Top each with sweet potato slice and another pineapple slice. Stir orange marmalade and soy sauce together. Spoon evenly over stacks. Bake 45 minutes or until meat is done and sweet potato is tender. Serves 6

**Nutrition Facts**  
Calories 319, Protein 23g, Fat 3g, Sodium 477mg, Cholesterol 56mg, Saturated Fat 0g, Carbohydrates 55g, Fiber 3g

