



PORK CHOPS!

»— The Vitals —«

Serves: 6 but it can serve as many as you want! Beyond 6 chops will need more brine.

Prep Time: 15 minutes for brine (not including cool down time), 6-8 hours for chops in brine

Cook Time: 5 minutes or less

Supplies: skillet (cast iron preferred)

Many of the adults here at the farm have stories about how dry the pork chops of our childhoods were (parents please don't take offense). A pork chop from a pastured raised hog is an entirely different chop. However, how you prepare it matters.

You can thaw your chops in the brine below or place in brine when thawed. Feel free to adjust the brine seasonings as

»— What You Need —«

For the Brine

3 cups water

¼ cup salt

¼ cup sugar

2 bay leaves

1 T. peppercorns

1 tsp. thyme or 2-3 fresh sprigs

1 tsp. rosemary or 3-4 fresh sprigs

For the Chops

2-6 Hand Hewn Farm chops

»— How to —«

Prepare the Brine

Combine water, salt and sugar in a pan and bring to a boil. Stir until dissolved then add rest of ingredients. Turn off heat. Cool completely then place pork and brine into a non metal container. Put in fridge and wait overnight (6-8 hours).

Prepare the Chops

After chops have been in brine overnight let them come to room temperature on the counter. Pre-heat a skillet (cast iron preferred) on medium high. When it's nice and hot place a good amount of butter, lard or coconut oil in the skillet and let it melt. Sear the fat cap first, standing the chop on end using tongs until a fair amount of the fat is seared/melted. Then lay chop flat on one of its sides for 2-3 minutes. No more!! Then flip to other side for 2-3. Salt and pepper to taste. Remove chop/s to plate or chopping block and cover with foil to rest for 10-15 minutes.

If you want to get saucy, pour some balsamic vinegar, a splash of red wine and a squeeze of honey into the skillet and reduce until it reaches desired thickness. Drink the rest of the wine with your delicious meal.