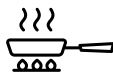


Haggen®
 — KIDS —
 Cooking
 CLUB 


SERVES: 4**PREP TIME: 5 MIN****COOK TIME: 15 MIN****SKILL LEVEL:**  **REQUIRES USE OF:**

SEARED & SAUCY CHOPS

INGREDIENTS:**For pork chops:**

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon mustard powder
- 1/2 teaspoon dried thyme
- 2 tablespoons olive oil
- 6 (6 ounce) boneless pork chops

For pan sauce:

- 1 small shallot, finely diced
- 1 tablespoon capers, diced
- 1/2 tablespoon garlic, minced
- 1 cup + 2 tablespoons chicken stock
- 2 teaspoons cornstarch
- 1½ tablespoons butter, room temperature

ITEMS TO GATHER:

- apron
- measuring cups
- measuring spoons
- cutting board
- paper towels
- butter knife
- large spoon
- wooden spoon
- tongs
- 2 small bowls
- large skillet
- serving dish
- fork



INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

In a small bowl, mix together the salt, pepper, smoked paprika, mustard powder, and dried thyme. Set aside.

Lay the pork chops out on a cutting board and use paper towels to pat each side dry. Then, season both sides with the spice mix. Set aside.

Add the olive oil to a large skillet and heat on medium-high until hot. Carefully add the pork chops and cook 4–5 minutes per side or until cooked through.

Using tongs, carefully remove each pork chop and place on a serving dish. Let rest on the warm stove top.

In the same pan used to cook the pork chops, add the shallots, capers and garlic and cook on medium-high heat. Once fragrant, add 1 cup of chicken stock to the pan and turn the heat to medium-low. Meanwhile, add 2 tablespoons of chicken stock to a separate small bowl and mix in the cornstarch using a fork.

Slowly incorporate the cornstarch mixture to the pan sauce. Continuously stir with a wooden spoon to blend and lift the fond from the bottom of the pan. Bring to a slight simmer then remove the skillet from the heat and add in the butter. Stir to combine.

Once plated, use a large spoon to scoop up a generous portion of the pan sauce and drizzle over each of the pork chops.

ENJOY!**WHAT THE FOND?**

You know the full-of-flavor, tasty, caramelized bits left in the bottom of the pan after browning meats or vegetables? In the culinary world, that's called "fond." Fond is most often used to create pan sauces that add a delicious complexity that otherwise would be absent from the dish.

POPULAR PORK CUTS:

PORK CHOPS: From the center loin
Best for: Grilling, broiling, and pan-frying

BACON: From the underbelly, then smoked and cured with salt
Best for: Pan-frying and oven baking

HAM: From the leg, then cured and smoked
Best for: Oven baking

