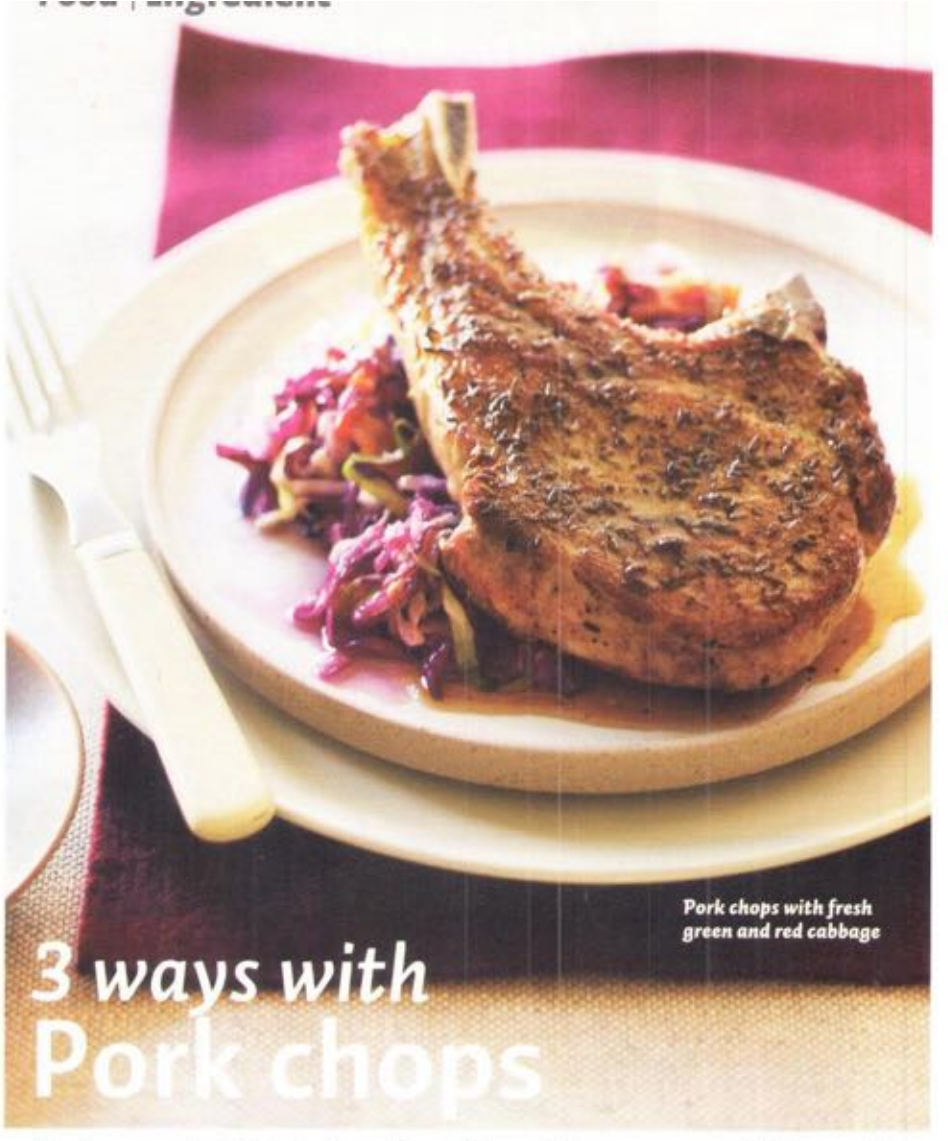


Pork chops with fresh green and red cabbage

3 ways with Pork chops

Go beyond grilling: Pan-fry with cabbage, pound thin and pair with salad, or lacquer with a Chinese-inspired glaze

BY JESSICA BATTILANA PHOTOGRAPHS BY IAIN BAGWELL

Pork chops with fresh green and red cabbage

Here's a hearty, tangy dish for a chilly autumn night. Pork, cabbage, and caraway—a classic German combination—pair well with crisp, dry Riesling.

PREP AND COOK TIME 45 minutes
MAKES 4 servings
NOTES If you don't have a mortar and pestle, you can crush your spices by whirling them in a spice grinder or a clean coffee grinder.

½ tsp. fennel seeds
1½ tsp. caraway seeds
1 tsp. coarse kosher salt
½ tsp. freshly ground black pepper
4 bone-in center-cut pork chops, each about 1 in. thick (about 2¼ lbs. total)
¼ lb. thick-cut bacon, cut crosswise into ¼-in. slices
2 cups *each* shredded green and red cabbage
1 tbsp. sherry vinegar or cider vinegar

1. Combine fennel seeds, 1 tsp. caraway seeds, salt, and pepper in a mortar (see Notes) and coarsely crush with pestle. Sprinkle mixture over pork chops and set chops aside.

2. In a large frying pan over medium-high heat, cook bacon until browned and crisp, about 7 minutes. With a slotted spoon, transfer bacon to paper towels to drain.

3. Add pork chops to pan and cook, turning once, until browned on both sides and cooked through (cut into center to check), about 8 minutes total. Transfer pork chops to a rimmed plate and tent with foil to keep warm.

4. Add cabbage to pan and cook, stirring frequently, until cabbage is wilted, about 3 minutes. Stir in remaining ½ tsp. caraway seeds, the vinegar, and bacon; cook 2 minutes.

5. Pile cabbage on a platter and arrange pork chops on top. Pour on any accumulated pork juices and serve immediately.

PER SERVING 516 CAL., 66% (342 CAL.) FROM FAT; 37 G PROTEIN; 38 G FAT (13 G SAT.); 4.7 G CARBO (2 G FIBER); 674 MG SODIUM; 132 MG CHOL.

Pork Milanese with arugula, fennel, and parmesan salad

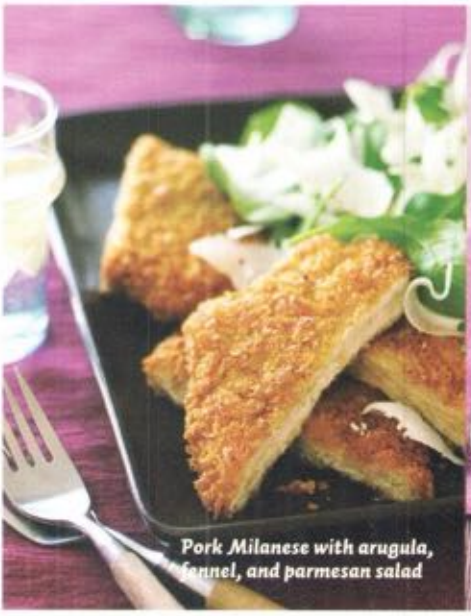
"Milanese" just means "in the style of Milan" and refers to meat that has been pounded or vegetables that have been thinly sliced, dredged first in egg and then in a mixture of bread crumbs and grated parmesan cheese, and fried. Although they're not traditional, we like using panko (Japanese bread crumbs), because they make a crunchier crust.

PREP AND COOK TIME 40 minutes
MAKES 4 servings
NOTES If you're buying pork chops from a butcher, you can ask for the pounding to be done for you.

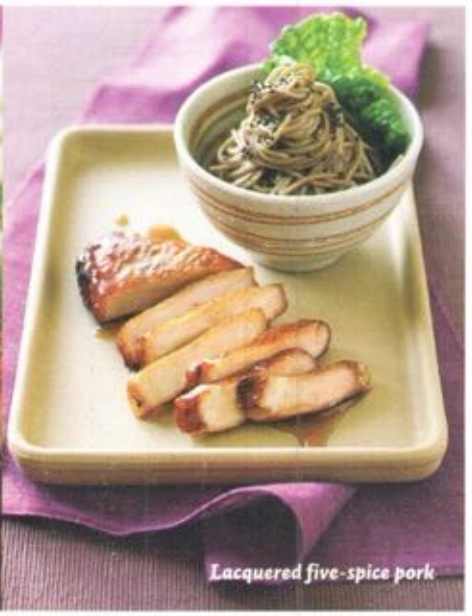
1 cup panko
¼ cup grated parmesan cheese plus ¼ cup shavings from a block of parmesan (use a vegetable peeler)
½ tsp. *each* salt and freshly ground black pepper
2 eggs
4 boneless center-cut pork chops, each about 3/4 in. thick (1½ lbs. total) and pounded to a thickness of ¼ in. (see Notes)
4 cups arugula
1 fennel bulb, stalks trimmed and bulb thinly sliced
3 tbsp. plus ½ cup olive oil
Juice of ½ lemon

1. Combine panko, grated parmesan, ¼ tsp. salt, and ¼ tsp. pepper on a large plate. In a small bowl, lightly beat eggs. Dip each pork chop in egg, then transfer to panko mixture and coat completely with crumbs. Set aside.

2. In a large bowl, combine arugula, fennel slices, and parmesan shavings. Drizzle salad with 3 tbsp. olive oil and the lemon



Pork Milanese with arugula, fennel, and parmesan salad



Lacquered five-spice pork

juice. Toss, season with remaining salt and pepper, and toss again.

3. In a 12-in. nonstick frying pan, heat remaining ½ cup olive oil over medium-high heat. Add two pork chops and cook, turning once, until crusts are deep golden brown and crisp, 5 to 6 minutes. Transfer chops to a plate and keep warm. Repeat with remaining chops.

4. Cut each chop in half diagonally and arrange on a serving platter with salad. Serve immediately.

PER SERVING 725 CAL., 65% (468 CAL.) FROM FAT; 46 G PROTEIN; 52 G FAT (14 G SAT.); 18 G CARBO (3.5 G FIBER); 726 MG SODIUM; 229 MG CHOL.

Lacquered five-spice pork

This recipe is an adaptation of one in Florence Lin's Chinese Regional Cookbook (Hawthorn Books, 1975). We like to serve the pork with white rice or with a bowl of soba noodles sprinkled with black sesame seeds. Leftover pork can be diced and added to a stir-fry or fried rice.

PREP AND COOK TIME About 1 hour, plus 2 hours marinating time

MAKES 4 servings

NOTES Though suspending meat over simmering water seems unusual, it has its roots in the delicious crispy-duck technique used in many Chinatown shops. You'll need a 12-in. metal skewer to make this recipe.

3 cloves garlic, crushed
1 tsp. salt
1 tbsp. firmly packed light brown sugar
1 tsp. Chinese five-spice powder
¼ cup plus 1 tbsp. soy sauce
4 boneless center-cut pork chops, each about 1 in. thick (about 2 lbs. total)
¼ cup light corn syrup

1. In a medium bowl, mix garlic, salt, brown sugar, five-spice powder, ¼ cup soy sauce, and 2 tbsp. water. Add pork chops to marinade, cover, and refrigerate 2 hours, turning several times.

2. Preheat oven to 325°. Fill a roasting pan with enough water to come 1 in. up sides and put on bottom rack of oven. Insert a 12-in. metal skewer through all 4 chops, about ½ in. from edge. Space chops about 1 in. apart on skewer. Pull out top rack of oven halfway, making sure rack is still supported and level, and very carefully lower the skewer crosswise onto rack so meat goes between the bars and skewer rests on rack. Slowly push rack back into oven, then move pan of water directly beneath hanging meat.

3. Bake chops 30 minutes. Increase temperature to 425° and cook 10 minutes more. Pour corn syrup and remaining 1 tbsp. soy sauce into a shallow dish and mix to combine. Transfer pork chops from skewer into corn syrup mixture, rolling to coat, then thinly slice each chop. Serve with hot rice or soba noodles if you like.

PER SERVING 483 CAL., 41% (198 CAL.) FROM FAT; 50 G PROTEIN; 22 G FAT (8.2 G SAT.); 19 G CARBO (0.1 G FIBER); 1,186 MG SODIUM; 140 MG CHOL. ■