



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 2 ¼ 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 ¾ 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

1 tsp. salt

1 egg, lightly beaten

1/3 cup butter, at room temperature

Vegetable oil for frying

1. In a large bowl, dissolve yeast in 1 cup warm water (95°–110°). Add 1 1/2 cups flour, sugar, and salt. Beat for 2 minutes with an electric mixer or wooden spoon. Add egg and butter and gradually beat in remaining 1 3/4 cups flour by hand until the batter is smooth. Cover with plastic wrap and refrigerate dough for at least 2 hours or up to overnight.

2. Turn dough out onto a well-floured board or counter. Roll dough 1/2 in. thick, flouring generously and turning dough 90° between rolls to keep it from sticking. Cut out rounds with a standard 2 1/2-in. doughnut cutter. Alternatively, cut rounds with a 2 1/2- or 3-in. round biscuit or cookie cutter, and cut out centers with a 1-in. round biscuit or cookie cutter. Place rounds and centers on 2 well-floured baking sheets at least 1 in. apart. Let dough rise in a warm place until slightly puffed, about 2 hours.

3. Put wire cooling racks over 2 empty baking sheets and set them near the stove. Pour oil into a large pot to a depth of 2 in. and heat to 325° to 350°. To get a feel for the method and how the dough should look and act, start by frying the holes. Working in batches of 6 to 8 holes and then 3 or 4 doughnuts, fry doughnuts until golden brown, turning once, about 1 minute each side. (Doughnuts should sink for 2 to 3 seconds before floating to the top; if they don't sink, the oil is too hot. Also, if they take much more or less than 1 minute per side to cook, adjust oil temperature.) As doughnuts brown, transfer with a slotted spoon to racks. After the first batch, test a doughnut hole by breaking it open. It should be light and cakelike inside, not greasy. If it's greasy, either the oil wasn't hot enough or it cooked too long. Be sure to fry the doughnuts only until golden brown.

4. While doughnuts are still slightly warm, dip in sugar or, as directed to 1963 readers, in "your favorite butter frosting (either chocolate or orange is especially suitable for Hallowe'en)."

PER DOUGHNUT 280 CAL., 55% (153 CAL.) FROM FAT; 3.9 G PROTEIN; 17 G FAT (4.3 G SAT.); 29 G CARBO (1 G FIBER); 216 MG SODIUM; 27 MG CHOL. ■

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## Food | Ingredient



**Pork Milanese with arugula, fennel, and parmesan salad**



**Lacquered five-spice pork**

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

**3.** In a 12-in. nonstick frying pan, heat remaining  $\frac{1}{2}$  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**

**$\frac{1}{4}$  cup plus 1 tbsp. soy sauce**

**4 boneless center-cut pork chops, each about 1 in. thick (about 2 lbs. total)**

**$\frac{1}{4}$  cup light corn syrup**

**1.** In a medium bowl, mix garlic, salt, brown sugar, five-spice powder,  $\frac{1}{4}$  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  $\frac{1}{2}$  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. ■

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