



***Pan Seared Pork Chops with Apples and Onions***

*Yields: 5P, 7C, 9+F*

**Ingredient List:**

- 2 Thick Cut Pork Chops, 1" minimum, dried with paper towel on both sides
- 2 Apples, peeled and sliced
- 1 Onion, julienne
- Kosher Salt
- Black Pepper
- Olive Oil

### **Preparation Instructions:**

1. Heat a cast iron skillet over high heat until approximately 350°F. You need a hot pan to achieve the sear on the chops and the caramelization on the apples and onions, so don't skimp on the heat. You may want to crack a window or cook these outdoors if possible...
2. Add olive oil to pan, salt the pork chops and place them, salt side down in the oil. Season other side and cook for 3-4 minutes without moving except to be sure there is oil between the pan and the chops.
3. While chops are cooking, heat a sauté pan over medium high heat, add olive oil, and when oil flows like water when pan is tilted, add the apples and onions. Again, you want to move these as little as possible at first in order to achieve caramelization. But, be careful not to burn them. We want sweet, not bitter.
4. After 1-2 minutes, begin to stir/toss the apples and onions. Season with salt and pepper and turn heat to medium once caramelization occurs.
5. Flip pork chops and cook for 2-3 minutes on the second side depending on how thick they are. I like my pork medium-rare/medium. If you like them more well done, then you'll need to cook them longer.
6. When chops are done, remove them from pan and set on a plate to rest.
7. When apples and onions are sweet and tender without breaking apart, remove them from the heat and season one last time with salt and pepper.
8. Plate the pork chops with your favorite veggie ( I recommend balsamic braised red cabbage), top them with the apples and onions and give them a final drizzle with aged balsamic.
9. Enjoy and share with your friends ☺

## **Balsamic Braised Red Cabbage**

*Yields: 5P, 7C, 9+F*

### **Ingredient List:**

- ½ Red Cabbage, chiffonade
- 3 Slices Bacon, chopped
- 4 Cloves Garlic, smashed and minced
- 1 Onion, julienne
- Kosher Salt
- Black Pepper
- Aged Balsamic, to taste, I use Villa Manodori

### **Preparation Instructions:**

1. Heat a cast iron skillet over medium-high heat until approximately 350°F.
2. Add bacon and garlic and stir constantly to render fat and make sure garlic does not burn. Cook for 1-2 minutes, then add onion and cook for 3 additional minutes.
3. Add Red Cabbage, stir well to coat with rendered bacon fat, season with salt and pepper, cover and cook for 5 minutes.

4. Remove lid and stir. The purple cabbage color should be seeping into the white vein portion of the cabbage at this point. The goal is to turn the white part completely purple and yield a sweet, delicate flavor in the end. Caramelization will help this process, as will the addition of aged balsamic at the end.
5. Turn the heat to medium, cover once again and continue cooking for 10 minutes.
6. Remove lid, stir and season with salt and pepper.
7. Continue cooking with lid removed, stirring occasionally for 10 minutes longer, or until cabbage is a uniform, deep purple color.
8. When cabbage is tender to the bite, it is done. At that point, season with salt and pepper one last time and finish with balsamic vinegar to your liking.
9. Enjoy and share with your friends ☺

**“Keep It Paleo!”**