

## MENU 20

### P O R K   C H O P S

Prepare in one of the following ways:

1. Lightly grease a skillet. Brown chops on both sides, allowing about 3 minutes for each side of a thin chop. Add 1/4 cup water; cover tightly. Cook slowly on top of range or bake on 350 degree oven until tender and well done (see cooking times below). Season with salt and pepper. Serve immediately.
2. Heat oven to 350 degrees. Place chops in baking pan or dish. Salt well. Top each chop with lemon slice and a thin slice of onion. Sprinkle chops generously with brown sugar. Pour 1 tablespoon of ketchup over each chop. Cover and bake one hour. Uncover and bake 30 minutes longer, checking chops occasionally to see that they do not burn. Remove from oven as soon as all juices have evaporated.
3. Lightly grease a skillet. Salt each chop on both sides. Pepper each chops on one side. Put some flour in a food bag and shake chops, two at a time, in bag until completely coated with flour. Brown chops on both sides over low heat. Cover and cook slowly until tender and well done (see cooking times below).

For a variety to choices #1 and #3 above, prepare Honey Basting Sauce.

#### **Honey Basting Sauce:**

1/4 cup brown sugar  
2 tablespoons honey  
1 tablespoon orange juice or other fruit juice

Mix all ingredients together thoroughly.

Baste each chop with sauce on both sides during the final 10-15 minutes of cooking.

Cooking times: Rib or loin chops 1-inch thick ..... 45 to 60 minutes  
Rib or loin chops 1/2-inch thick ..... 30 minutes  
Shoulder chops 1/2-inch thick ..... 30 minutes

#### SERVE WITH:

Souped-up Minute Rice (see Recipe 22)

and

Green Beans (see Recipe 12)