



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

HONEY GARLIC PORK CHOPS

15 ounces center cut boneless pork chops
(about 3 chops)

Salt

Ground black pepper

1 tablespoon vegetable oil

2 tablespoons unsalted butter, melted

3 cloves garlic, minced

1 teaspoon Italian parsley, for garnishing

Honey Garlic Sauce:

2 ½ tablespoons honey

2 tablespoons warm water

¼ teaspoon salt

½ teaspoon apple cider vinegar

3 dashes cayenne pepper

1. Season the pork chops with salt and pepper on both sides of the pork. Mix all the ingredients in the Honey Garlic Sauce together. Stir to combine well.
2. Heat up a cast iron skillet (preferred) on high heat. Add the vegetable oil and 1 tablespoon of the butter. Add the pork chops to the skillet (away from you to avoid splatter) and pan fry each side of the pork, uninterrupted, for 3-4 minutes each, or until the surface turns brown. Flip over to the other side and repeat the same.
3. Push the pork chops to one side of the skillet, add the remaining butter. Add the garlic and sauté for 10 seconds, or until they turn light brown. Add the Honey Garlic Sauce over the pork chops. Turn off the heat, garnish with parsley and serve immediately.