

## **Pan Seared Pork Chops**

Properly cooked pork chops are fabulous, so tender & juicy. This is one of those things to keep up your sleeve, especially after coming home from work and having to come up with something easy, peasey for dinner! **Gelderman's\*\*** is a great source for excellent pork products.

Makes 4 Servings

(4) 1 ¼" thick, bone in pork chops  
Salt & freshly ground black pepper to taste

Preheat the oven to 375 F.

Heat a cast iron frying pan or other oven-proof skillet over medium heat. Season the chops with salt & pepper; add 1 Tbsp. cooking oil or a combination of cooking oil & EVOO to the pan. When hot, but not smoking, add the pork chops & cook for 5 minutes; turn chops over & place the skillet in the oven & cook for 8 - 10 minutes for medium well or 12 minutes for well done. Your chops will be a lot juicier if cooked medium well. Remove the chops to a heated platter & let rest for 5 minutes before serving. If there are any juices that have accumulated, serve with the chops if you wish.

**\*\*See My Source List to find Gelderman's products.**