



Juiciest Pork Chop Ever

1. Season thawed pork chop(s) with your favorite seasoning on both sides (I prefer our Gourmet 7 Spice, “See Below”) and set in refrigerator for 1-3 hours on plate or baking sheet covered with plastic wrap.
2. Turn oven on to 400-degrees* about 20-30 minutes before you start cooking pork chops.
3. Put 2 Tablespoon of olive oil and 2 Tablespoon of butter in a skillet and turn stove top onto high heat*, let butter melt.
4. Place 1-3 pork chops in skillet and brown on each side for 5 minutes.
5. After both sides have been browned, put a little butter on the top of each pork chop and immediately put in 400-degree* oven for an additional 5-10 minutes.
6. I like my pork chops medium (Yes! You only have to cook pork to 140* degrees, and it will be perfectly safe to eat and super juicy)
7. Pull chops from the oven and let it rest on top of the stove for another 5 minutes.
8. Cut into that bad boy and enjoy the most flavorful, juiciest pork chop Ever!

*Oven and stove top temperatures may vary depending on gas or electric, just make sure your pork is at least 140-degrees when you pull from oven, it will continue to cook a couple degrees while resting.

Gourmet 7 Spice (For 2 lbs. meat)

2 teaspoons Coarse Salt (I prefer Morton’s Coarse Himalayan pink salt)
2 teaspoons Garlic Powder
2 teaspoons of Chili Powder
1 teaspoon Onion Powder
1 teaspoon Paprika
¼ teaspoon Black Ground Pepper
¼ teaspoon Turmeric
Pinch of Cayenne Pepper (optional for spicy)

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