

Pork Chops Braised In Milk

This is a very delicious way of cooking Pork Chops. The chops are first browned in unsalted butter and olive oil, and then cooked slowly in milk. At the end of the cooking time, the milk will be reduced into a brown sauce that will give the chops additional flavor. Because the meat is cooked with moist heat, it will remain tender and succulent; but still take care not to overcook it.

2 tablespoons unsalted butter
2 tablespoons olive oil
6 – 8 cloves garlic, lightly crushed
6 fresh sage leaves (Do not use dried if fresh is not available)
4 - 1 1/2 inch thick pork chops, cut from the loin or the ribs
1/2 pound thinly sliced mushrooms, whatever variety you prefer
Enough whole milk to come half way up the side of the pork chops
Veal or chicken stock if you like, if the milk evaporates completely during cooking, add some for added richness, or add more milk
Salt and freshly ground black pepper
Additional Fresh Sage leaves for garnish
If you like spice, season pork chops with ancho chili powder as well
Salt and pepper on both sides

In a large, heavy cast iron skillet, heat the butter and oil until the butter foams.

Add the garlic and sage and saute until the garlic is golden brown. Remove the garlic and sage, and reserve.

Add the chops, but do not crowd the pan.

Saute the chops over medium heat until well browned on both sides, about 6 minutes. Set aside. If needed, add more butter and oil. Heat until butter foams.

Add mushrooms, and cook until well colored.
Season with salt and pepper. Return garlic, sage and pork chops to pan.

Add milk, and stir to pick up the bits and pieces attached to the bottom of the skillet.
Optional: Add chicken or veal stock, or more milk to the pan if needed, for more richness.

Lower the heat and cover the skillet. Set a timer for 8 minutes.
Uncover and turn pork chops over, and check the level of milk.
Make sure the pan does not dry out, or the pork chops will burn.

Simmer another eight minutes or until the pork chops are cooked the way you like it.
The cooking time will depend on the thickness of the pork chops.

Transfer the chops to a serving plate. Keep warm.

Raise heat and cook the sauce down until the sauce thickens, season with salt, pepper and ancho chili if you like. Strain sauce over pork chops and garnish with fresh sage leaves. Serve at once.

Serves 4