

Fried Pork Chops or Tenderloin

Phillip Jones

Ingredients:

4 Sliced Tenderloins (boneless) or Pork Chop (with Bone-in or Boneless), $\frac{3}{8}$ " to $\frac{1}{2}$ " thick cut*

1-cup water

Vegetable or Olive Oil

1 - 8" to 10" Iron Skillet to Fry Tenderloins or chops in

* Will be known as pork in directions and Serving and Serves.

Directions:

Place Skillet on stove eye and pour in enough oil to cover the bottom plus a little extra (enough to cover bottom of pork about $\frac{1}{10}$ ". Heat Iron Skillet on medium high heat (6 to 7 on Electric Stove). Allow to heat enough so, that you can begin to see it begin to ripple.

Place the pork in pan to fry. (If you need to, take a paring knife and cut a slit, if pork begins to curl. Make slit on side that starts to curl first.)

Fry on one side until pork to brown some (doesn't have to browned completely – too brown will make pork tough), turn over and repeat. Lift enough to see if second side is brown, then cover with a Pot lid or lid designed for skillet you using. Allow to cook, with lid covering pork, for at least 10 - 15 minutes (enough for pork to cook all the way through, but not so much that pork gets tough.

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Directions continued:

Now take lid off, pour off oil except about ¼ teaspoon. Place chops/loins back on stove eye. Spread out the pork, and reduce heat to medium (or 5 on electric stove) Pour in 1 cup (or more if you want more gravy) and place lid back on skillet. After a minute or two (enough time to soak the brown crust off pork), turn pork over place lid back on and repeat. (The liquid will reduce as it is heated). *Don't leave too long that you don't have enough liquid.* If you need more liquid, use more water to start with.

Serving:

Use egg turner or tongs to remove pork from pan into a large deep Gravy Bowl. Pour Gravy (Liquid) over top of pork, then, place a Table Spoon or Serving Spoon in Bowl.

Before starting to cook the pork, preheat oven to 450°F. If you have frozen Buttermilk Biscuits bake at least 4 on a cookie sheet for 25 Minutes. You need to time so that biscuits are ready at same time as pork is placed on Table (about 25 minutes before you take up pork). Also put out some Jam or jelly and butter in case people want eat ½ of biscuit with butter and Jam as the dessert. An addition thing that can be done is use another Skillet put in some oil, and fry, an egg per person. (Allow them to salt and pepper to egg taste). (I like to fry my eggs on each side until outside edges of egg white are fried brown.)

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Serves:

2-4 People.

Notes:

If you have more family members or guest you will need additional cups of water and Iron skillet and lids to cook with. If you get every thing ready, and place pork in pan at about the same time, cooking time should be about the same. (May need extra hands though to help with the frying the pork, and making the additional gravy.)

The thicker the pork, the more time will take to cook after you have browned both sides.

If you don't own any iron skillet, large heavy Aluminum Frying Pans will work though may take longer to brown. Avoid Stainless Steel pans, as they tend to burn the items and create scorch marks on the pans at higher heats. Pans that are a combination of Aluminum, and Stainless might work. Everyone should have at least 3 Iron Skillets 6", 8", and 10 or 12", makes frying meats and eggs easy to do without scorching. Cooks anything with very even heat.