

The Not-So-Humble Pork Chop

By David Larkin

This one is not so much a recipe as a tip. I don't know why, but pork chops rarely if ever appeared on the dinner table at my parents' home. But in the RCAF Officers' Mess they were regularly on the menu and if not outstandingly good, were never all that bad.

When Fran and I were married, at our reception Mrs. O'Gorman kindly gave us a Corning Wear serving dish which is still in service. She told us that when she got married, all she could cook was pork chops, so her husband had them every evening for supper for the first year of their marriage! She hoped my wife would do better. She could, and did. Some kind soul gave her Chatelaine's *Adventures in Cooking* - a marvelous cookbook and I benefited from the results.

Here, in the County, we are well supplied with good pork. I have been well satisfied with the pork I get from Metro. But there is a myth that you cannot overcook pork: you can and too many people do.

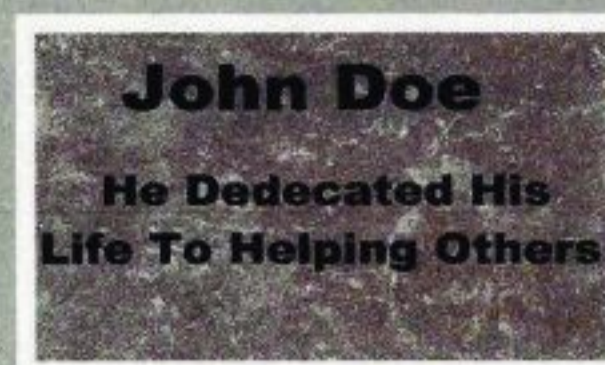
Getting back to pork chops, I am a great aficionado of Laura Calder's TV series *French Cooking at Home*. Ms. Calder is a great cook and put her time in France to good use. Someone told her his secret to a good pork chop. You season it, as you would expect, on each side, with salt and pepper. But, in addition, you sprinkle a light dusting of sugar on each side of the chop. The sugar helps the caramelization and improves the flavour without making the pork sweet. I fry each side in butter, with a little olive oil, for about 1 minute at medium to medium high. Then I continue to fry each side for about 3 minutes at a lower setting. The exact time depends, of course on the thickness of the chop - a thick chop will take longer. What you are aiming for is to just, or even almost just, get past the pinkness stage. If there is some pink liquid on the top of the chop, keep going.

By all means cut into the chop and check the doneness. The result will be a tasty and tender chop. If you overcook the pork it will approach the consistency of shoe leather, which is not what we want.

No I'm not suggesting you have pork chops every night for a year!

Mariner's Park Memorial Walkway

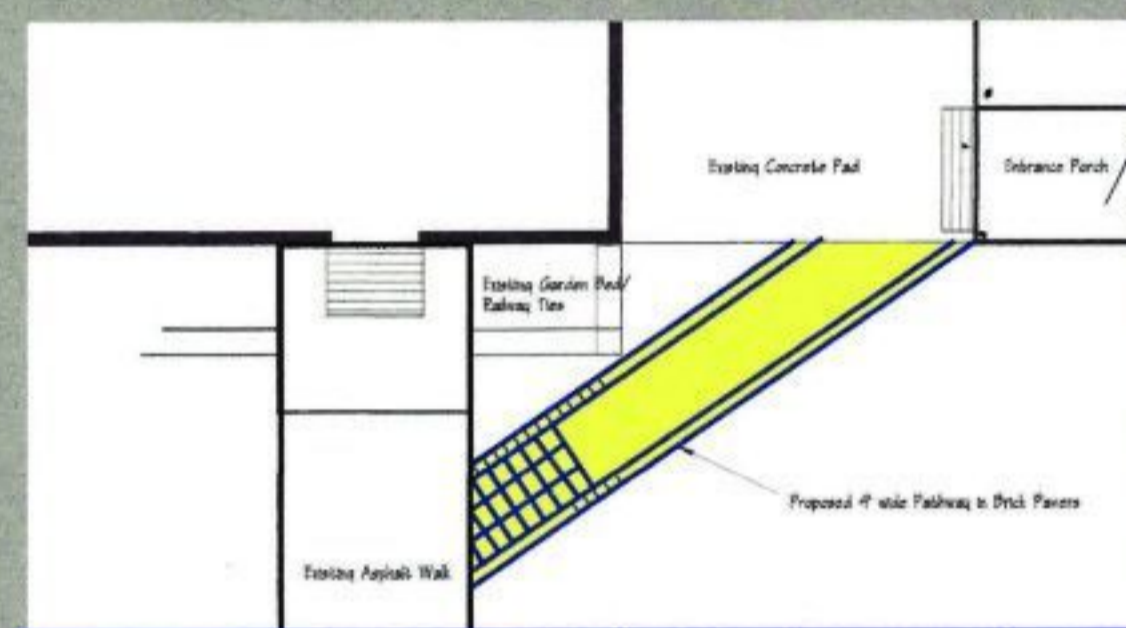
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Proposed Walkway Layout

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Have A Happy Mother's Day!

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