



Recipes:

Pan-Seared Pork Chop with Creamy Mashed Potatoes

Pan- Seared Pork Chop Steak

4 servings

Ingredients:

4 PIECES (about 1 ½ - 2 LB) of pork chops (preferably 1 ½ to 2" thick)

Juice from 1 large lemon

Drizzle of Extra Virgin Olive Oil - adjust if needed

4 cloves of garlic - peeled and grated - adjust if needed

Salt - ideally freshly ground

Pepper - ideally freshly ground

2 TBSP of frying oil - adjust if needed

½ stick (2 OZ) of butter - sliced to about 8 slices

Final touch:

Salt and pepper - ideally freshly ground

Optionally: Herb butter (Store-bought or recipe below)

Best served with:

Creamy mashed potatoes

Rustic potatoes with bacon and onion

Small side salad

Fries

Tools:

Please see the list of my favorite tools, including the buying options, here:

<https://www.tomthechef.com/toms-favorite-tools/>

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Plate

Silicone Brush

Optionally: Lemon Squeezer

Small Hand Grater or Garlic Press (for garlic)

Plastic Wrap

1x Large Sauté Pan or Stir Fry Pan (12" or more and ovenproof)

Tongs

Large Cooking Spoon



Food Thermometer

Directions:

1. Meat Preparation:

- 1.1. Make sure that the meat is properly rinsed under cold water and the unwanted parts are removed.
- 1.2. Cut into 4 steaks with a thickness of 1 ½ - 2" (unless already cut from the store).
- 1.3. Do not pound the meat; just place it on a plate.
- 1.4. Pour and sprinkle these ingredients on both sides of each steak:
 - 1.4.1. Squeeze lemon.
 - 1.4.2. Pour Extra Virgin Olive Oil.
 - 1.4.3. Grate garlic directly on the steak and spread it with your fingers or a silicone brush.
 - 1.4.4. Generously salt and pepper (especially be very generous with salt - it will help develop the right flavor).
- 1.5. Cover with a plastic wrap and marinate at room temperature for about 30 minutes (or overnight in the refrigerator with the last 30 - 60 minutes at room temperature).

2. Pan-sear, Then Finish in the Oven:

- 2.1. Set oven to preheat at 350°F.
- 2.2. Preheat the fry pan on high heat with **2 TBSP** of frying oil.
- 2.3. Briefly sear to reach a nice sear (about 1 - 2 minutes on each side + fat layer on pork chops if this applies).
- 2.4. Add 2 slices of butter on each steak and pour the liquid from the marinade over.
- 2.5. Finish by placing into a preheated oven until the meat is fully cooked (about 6 - 9 minutes). *



2.6. In the middle of finishing in the oven, turn the meat and pour the juices from the pan over.

3. Resting and Serving:

3.1. Let the meat rest on a cutting board for about 2 minutes before serving.

Note:

During this time, the meat will slightly decrease in temperature and nicely lock most of the juices inside – this is part of making the meat moist and tender.

3.2. Optionally, slice each steak for serving (based on your personal preferences).

3.3. Place on a plate and sprinkle with salt and pepper and optionally place butter on each steak. Then, pour a pan of juices over it.

3.4. Serve with creamy mashed potatoes or a small salad.



Creamy Mashed Potatoes

4 - 5 servings

Ingredients:

2 LB of potatoes - peeled and diced or sliced *

¾ cup of heavy cream - warm (can be reheated in microwave)

Optionally: **1 clove** of garlic - peeled and grated

½ TSP of salt

¼ TSP of ground pepper - ideally freshly ground

*It really doesn't matter what size you dice potatoes for this recipe, but smaller pieces will cook faster.

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Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Peeler

Medium Sauce Pan or Small Pot (about 4 QT)

Colander

Small Mixing Bowl (about 1 QT)

Kitchen Mixer with Whisk Attachment or Hand Mixer

Silicone Spatula

Small Hand Grater or Garlic Press (for garlic)

Optionally: Pastry Tips and Pastry Bags



Directions:

1. **Potato Preparation & Cooking:**

- 1.1. Rinse potatoes under cold water.
- 1.2. Then peel and chop potatoes.
- 1.3. Place the potatoes into a medium pot and then fill the pot with water (about 1" above the level of the potatoes).
- 1.4. Cover the pot with a lid and place it on a high heat burner. Bring to a boil.
- 1.5. Lower the heat to medium and boil until fully cooked (about 12 – 15 minutes). Take one out and taste it to make sure it is done.
- 1.6. Drain the water by pouring it over a colander and place it into a kitchen mixer with a whisk attachment.

2. **Final Phase:**

- 2.1. Add into the kitchen mixer:

¾ cup of heavy cream - warm

Optionally: **1 clove** of garlic - grated

½ TSP of salt

Pinch of ground pepper

Whisk on a low speed until partially combined (about 1 minute).

- 2.2. Then increase the speed to high and whisk until it gets nice and creamy with a fluffy consistency for at least 5 minutes.
- 2.3. Taste and add salt or pepper if needed.
- 2.4. Optionally, serve by piping out of your pastry bag with a tip.

Tip:

If ingredients stick to the sides of the mixing bowl during mixing, stop the mixer and use a spatula to place them back into the bowl. Then, continue mixing.



Bonus recipe (it will not be prepared in class):

Herb Butter

12 individual servings or two sticks of butter

Great for:

- Being melted on freshly cooked steak or fish
- Being served on bread of any kind
- Dipping any kind of vegetable or chips

Ingredients:

½ cup of herbs of your choice - fresh and briefly chopped*

1 clove of garlic - peeled and grated

2 sticks (½ LB) of butter - soft (room temperature)

1 TSP of Extra Virgin Olive Oil

¼ TSP of salt

Pinch of ground pepper

* The combination is up to you and your imagination. I have even used a combination of basil, sage, oregano, chives, parsley, and rosemary. If you prefer a stronger herb flavor, double the amount of herbs. Remove the leaves from the stem (the stem is often hard and should not be eaten, with the exception of chives). Chop the herbs briefly; the final chopping will be done in a food processor.

Tools:

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Measuring cups and spoons

Kitchen food processor

Grater or press - for garlic

Silicone spatula

Decorating tip set with pastry bag or small disher (about 0.75 - 1 oz) or a set of small spoons

Baking sheet with parchment paper or plate

Optionally: Plastic wrap (food film)



Direction:

1. Place all ingredients into a kitchen food processor and process until smooth on high speed (about 3 - 4 minutes).
2. Create a portion of herb butter using one of these messages:
 - A. For the best visual effect, fill the pastry bag with herb butter and then pipe out single portions on a baking sheet or plate.
 - B. You can avoid using a pastry bag by forming a single portion with a small disher or a set of two spoons.
 - C. Or place a large amount of butter (or all) on plastic wrap and roll it into a single stick of butter.
3. Let it cool in the refrigerator (for at least 30 minutes) and then serve or freeze.

Tips:

- If parts of the ingredients stick on the side of the food processor during processing, stop the food processor and use a spatula to mix it back in. Then, continue processing.
- You can freeze your herb butter and use it anytime you want with steak and other meals. Place individual portions on a baking sheet with parchment paper, freeze, and then place in a freezer bag. This way, you will have individual portions ready to use when you need them! It stays great in your freezer for about a year and takes about 30 minutes to defrost (or none if you place on a hot steak).



Bonus recipe (it will not be prepared in class):

Bacon-Wrapped Beans

4 servings (3 pcs per serving)

Ingredients:

Beans:

3 TBSP of frying oil - adjust if needed

1 LB of fresh whole green beans (or frozen – no defrosting necessary before cooking) *

Pinch of salt

Pinch of pepper

12 slices (about $\frac{3}{4}$ LB) of bacon (optionally substituted with turkey bacon)

* You are going to use about 6 – 7 beans in one wrap. That means you will need about 72–84 beans. That amount should be roughly present in 1 LB of frozen beans or even in shorter fresh ones. If your beans are too long, you can cut them in half. Or you can just go with the flow, as I do, and avoid counting, adjusting some super-long beans as you go. And in the end, you're surprised by the final count of wraps.

Tools:

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Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Large Fry Pan or Large Sauté Pan (12" or more)

Wooden Spoon or High-Temperature Silicone Spatula

Colander or Strainer

Medium-Size Baking Sheet with Parchment Paper or Silicone Mat



Directions:

1. Prepare & Precook Beans:

A. Fresh whole green beans preparation:

1. Fill a large pot with water to about half and set it to preheat to boil.
2. Meanwhile, thoroughly rinse all green beans and then cut off both ends.
3. Place into the boiling water and cook until lightly soft – but do not overcook (about 5 – 7 minutes).

Notes:

- Beans cooked at this stage will be just slightly soft and still slightly crunchy and taste a little plain since you haven't added any seasoning – beans will be brought to perfection in a later step.
- To make sure that you have reached the right cook, take one out and taste it. If you can imagine eating it like a light snack, you are all set for now. If you still don't have any idea, just simply cook for 7 minutes sharp and you will be set.

4. When done, drain over a colander.

B. Frozen green beans preparation:

1. Fill a large pot with water to about half and set to preheat to a boil.
2. Cook in boiling water for about 2 minutes (no need to cook longer since frozen green beans usually come pre-cooked).
3. When done, drain over a colander.

2. Set oven to preheat at 350°F.

3. Sauté Beans:

Tip:

This step can be skipped and you will still have a decent version of this side/appetizer. But if you follow all my steps below, you will reach a much more superb experience, which will certainly be worth the few extra steps.

- 3.1. Preheat the frying pan on medium-high heat with **3 TBSP** of frying oil and add:

1 LB of whole green beans



Salt and pepper the beans.

- 3.2. Sauté with occasional stirring until a light sear is reached (about 3 - 4 minutes).

Important:

Before you finish sautéing, take one bean out and taste it. Add salt and/or pepper if needed.

4. Create Wraps:

- 4.1. Wrap about 6 – 7 beans with 1 slice of bacon and place on a baking sheet with parchment paper.

5. Finish in the Oven:

- 5.1. Finish in a preheated oven until the bacon is cooked to your satisfaction (until you reach the desired stage of bacon cooking). I usually leave it there for only 5–7 minutes because I like my bacon only partially cooked.

Good to know:

There is no such thing as raw bacon. Anything labeled "bacon" is processed the same way as deli meat. That means it can be consumed directly, without any cooking. However, in the US, bacon is usually cut into thick slices (about 1 OZ per slice), which can pose a choking hazard if you don't cook it at least partially before consuming it. If you get bacon sliced thin enough, it can be used the same as deli meat without further cooking. With this recipe, you do not need to worry about the internal bacon temperature; focus on how you prefer your bacon to be served (if you cook it for at least a few minutes, you should be fine).

6. Serving:

- 6.1. Serve as a side or one of the sides to your main course, or also as a warm or even cold appetizer.

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.