

Pan Seared Pasture-Raised Pork Chop au jus, with Quick Slaw

Serves 4

This dish is all about the pork chop, elevating the deep flavor of pasture raised pork rather than masking it with strong flavors and sauces. (The jus and the slaw should accompany, not upstage. Prepare the jus up to a day before serving, and the slaw up to an hour before serving.)

For the Pork Chops

4 pork rib or loin chops, at least 1 inch thick

Kosher salt and freshly ground black pepper

¼ cup vegetable oil for searing

½ cup dry white wine

1 cup Pork Bone jus (see below)

Quick Slaw, for serving (see below)

1. Preheat the oven to 325°F. Season the pork chops well with salt and pepper, and set aside.
2. In a stainless steel skillet, heat the oil until a drop of water spits back at you. Sear the pork chops in the hot oil, about 2 minutes on each side. (Do not over-cook the pork beyond an internal temperature of 135°F. This pork is very lean and will be dry and tough if over-cooked.) Remove the pork to a wire rack set over a baking sheet. Rub the pork with a little bit of butter, then let cook in the oven for about 6 minutes. Remove and let rest for 2 to 3 minutes.
3. Pour the fat out of the pan. (There will be little bits of protein clinging to the pan from searing the pork chops.) Pour the wine into the pan, and dislodge the crusty bits using a wooden spoon. Cook to reduce the wine until the pan is almost dry.
4. Add the prepared jus to the pan to heat through. Season to taste with salt and pepper.
5. Slice the pork and serve with the jus and the finished slaw.

Pork Bone Jus

Makes about 1 ½ cups

Courtesy of L'Academie de Cuisine Chef Brian Patterson, for demo October 2, 2015

4 ounces lean pork scraps or pork bones

Kosher salt and freshly ground black pepper

¼ cup vegetable oil

4 garlic cloves

1 shallot, sliced thin

1 cup dry white wine

2 sprigs fresh thyme or rosemary

2 cups veal or beef stock



1. Season the pork bones and/or scraps with salt and pepper in a medium bowl.
2. Heat a stainless steel sauté pan with the oil over medium-high heat. Add the bones and scraps and sear until nice and brown, about 10 minutes.
3. Drain off the hot fat from the pan (leaving the scraps behind). Add the sliced shallot and garlic, and stir in the pan for 1 minute.
3. Add the white wine and the thyme or rosemary and reduce the liquid until practically dry, about 10 minutes
4. Add the veal or beef stock and reduce to about 1 cup of liquid, about 15 minutes.
5. Strain the jus through a fine strainer set over a small saucepan. (If not used immediately, the jus can be kept in a sealed container in the refrigerator for up to 5 days, or up to 3 months in the freezer.)

Quick Slaw

Makes 1 quart

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1 cup apple cider vinegar
¼ cup Dijon mustard
1 tablespoon kosher salt
1 teaspoon freshly ground black pepper
1 tablespoons dark brown sugar
1 quarter head cabbage, finely julienned
1 medium beet, peeled and finely julienned
1 medium sweet potato, peeled and finely julienned
3 garlic cloves, sliced
2 crab apples, peeled and sliced thin
2 leaves kale, finely sliced

1. Combine the vinegar, mustard, salt, pepper, and brown sugar in a small bowl, and whisk to combine.
2. Combine the prepared vegetables in a medium bowl, and pour the dressing over the top. Toss to combine, and allow the slaw to marinate for 1 hour before serving.

Recipe courtesy of L'Academie de Cuisine chef Brian Patterson

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