

Pan Seared Pork Chops



Servings: 2

*2 bone-in pork chops
2 tablespoons olive oil*

Blot the pork chops dry with paper towels. Let the steaks come to room temperature for about 30 minutes on the counter.enly.

Heat a cast iron skillet under the broiler 20 minutes before cooking (on a rack 6" to 8" under the broiler).

Drizzle a little oil over the pork chops and use your fingers or a brush to spread it evenly over the pork chops and on the sides. Flip pork chops steaks and repeat on the other side.

Turn on a stove burner to high heat.. Carefully remove the hot skillet from the oven using an oven mitt. Place it over the stovetop burner. Sear the pork chopss for 30 seconds: Use kitchen tongs to place the pork chops. Flip and sear the other side for 30 seconds.

Carefully put the skillet back below the broiler. Close the oven door and cook the pork chops for 2 minutes. Flip and broil another 2 minutes: Pull out the skillet and carefully flip the pork chops using the tongs. Return to the oven and cook for an additional 2 minutes. At this point the pork chops will be medium-rare;

Take the pork chops out of the oven and transfer it to a large cutting board. Tent them loosely with aluminum foil and let them rest for about 5 minutes.

If you prefer your steaks closer to medium, add another 2 minutes to the oven time..

Per Serving (excluding unknown items): 119 Calories; 14g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 2 1/2 Fat.