

Fine w/ Food

BONE-IN PORK CHOPS W/ MASHED POTATOES & THICK-CUT ASPARAGUS

- 2 thick-cut grass-fed bone-in pork chops (preferably Belcampo)
- 1 bunch of thick-cut asparagus
- 2 russet potatoes
- 2 tbsp. ghee
- avocado oil for cooking
- 4 unpeeled cloves of garlic
- 2 sprigs of rosemary
- salt & pepper to season

if your pork chops are frozen, take them out of the freezer and thaw them on your countertop for a few hours before cooking

preheat your oven to 275°F. pat dry chops and season w/ with salt

place chops on a wire rack on a foil-lined baking sheet—if you don't have a wire rack you can totally just put them directly on your oven rack with the baking sheet on the lower rack (to catch the drippings). if you are using a cast iron skillet, you will need to preheat your skillet in the oven at this time. use foil-lined cast iron to catch drippings instead of the baking sheet

cook pork chops in the oven until they reach an internal temperature of 95–100°F (~20 minutes)

while pork chops are cooking, bring a pot of liberally seasoned saltwater to a boil. quarter potatoes and add to water, but only when the chops are cooked to temperature

while the potatoes are cooking, remove the chops from the oven and set aside. transfer your cast iron skillet to the stovetop and turn heat to medium-high. it's going to get HOT but this is what you want!

pat the chops dry and brush lightly with oil to allow the seasoning to stick to the chops. season again with kosher salt and freshly cracked pepper. add a tablespoon of oil to the pan and sear chops until a nice crust has formed (~2–3 minutes). flip and repeat for the other side

if you are using a heavy pan like cast iron skillet or stainless steel, turn off the heat, otherwise, turn the heat to medium-low and carefully stand the chops up on their sides with the fat cap in contact with the pan and hold them in place using your tongs until you form a nice sear on the fat cap, ~2 minutes, then return the chops to their original position

smash 2 unpeeled cloves of garlic and toss them into your pan w/ 2 sprigs of rosemary and half a stick of butter or ghee. now it's time to baste! (if you're using a cast iron make sure to place a potholder around the handle so you don't burn yourself!!!) carefully tilt the pan and spoon the hot, flavored butter/ghee onto the pork chops for about 1 minute or until the internal temp becomes 125–130°F

set aside cooked chops and cover with tin foil to rest and reserve the pan with the butter to cook your asparagus in

oh no! did you already forget about the potatoes?? don't worry, they should be done cooking by now. you will know they are cooked when they can be easily pierced with a knife (~12 minutes)

strain potatoes and place them back in the pot. add 2 cloves of finely minced garlic and the other half of the butter to the pot. mash potatoes using a potato masher (or mash using a whisk or food mill if you don't have a masher) and season w/ salt and pepper. keep warm by covering the pot with a lid

asparagus time! using the same pan you cooked your chops in, reheat by turning the heat up to medium-high. add your asparagus and toss in the leftover butter. season w/ salt and pepper and cook, rotating occasionally

once asparagus is finished cooking it's time to plate, serve, & enjoy!!