

Recipe: Fruited Pork Chops



4 rib, loin or shoulder pork chops or smoked pork chops, 1/2- to 3/4-inch thick
1 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon ground ginger
1 medium apple
1 medium lemon or orange
2 tablespoons brown sugar
1/2 cup Coca-Cola®
1 tablespoon corn starch

Trim fat from chops, then brown them on each side in ungreased skillet. Lay chops in shallow baking pan. Do not overlap. Sprinkle with salt, pepper and ginger.

Core unpeeled apple, cut crosswise into 4 thick slices. Cut lemon (or orange) into 4 slices; remove seeds. Lay lemon slices atop apple slices and place on each chop. Sprinkle with brown sugar. Pour Coca-Cola around chops. Cover tightly. Bake in moderate oven, 350°F, 45 minutes.

Blend corn starch with 2 tablespoons water until smooth. Stir into meat juices. Bake, uncovered, 15 minutes longer or until meat is fork-tender. Spoon sauce over fruit chops to glaze.

Makes 4 (1 chop) servings.