



How to prepare **Perfect Pork Chops**

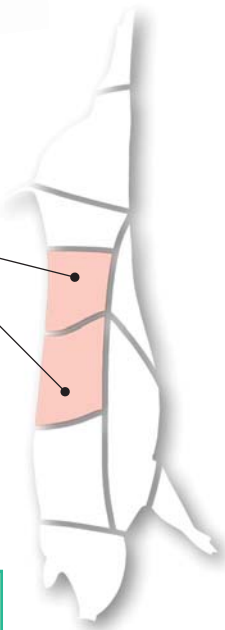
Follow these easy steps -
now anyone can cook!

mmm...mzansi!



Great meat. Let's eat!

Everybody loves pork loin chops! Tender and tasty, they are easy to pan fry, grill in the oven or braai over coals. Follow these easy steps - anyone can cook them.



Why SA Pork is good for you:

Pork is a rich source of iron. The dietary iron provided by pork is absorbed by our bodies in a much more readily available form than iron provided by plant based sources. Iron is an oxygen carrier in the body, and helps to maintain a healthy immune system, protecting us against infections.



Start with fresh loin chops from your butcher or supermarket. You can trim the fat to a thinner layer on the outside if you prefer lean meat.

Use a small amount of fresh oil and wait until it's quite warm, but not smoking hot.



Add your chops to the warm oil in the pan, using tongs or a spatula or your hands - but not a fork, as a fork will make holes in your meat.



Season them lightly with salt, pepper and your favourite meat spices, and wait a while before you turn them over. They need to seal at the bottom to release themselves from the pan.



Season the other side lightly and give them a little while to cook through.



Never stick a fork through your chops. Those delicious meat juices will run out.



Use tongs or something flat like a spatula to turn your chops.



Enjoy these juicy chops immediately with pap or your favourite vegetables.



**SOUTH
AFRICAN
PORK**