



# How to prepare **Perfect Pork Chops**

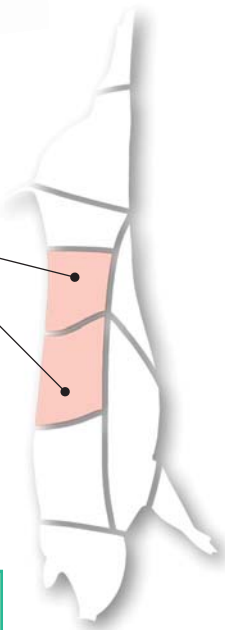
Follow these easy steps -  
now anyone can cook!

**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**