

ORANGE PORK CHOPS

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl with cover

Ingredients:

4 pork chops 4

1 tsp Kitchen Bouquet 5ml

4 onion slices 4

4 orange slices 4

1/4 cup orange juice 50 ml

1 tbsp chopped parsley 15ml

1/4 cup sour cream 50 ml

1 tbsp flour 15 ml

1/4 tsp salt 1 ml

1/8 tsp pepper 0.5 ml

1 tsp Dijon mustard 5 ml

Procedure:

1. Season pork chops with Kitchen Bouquet and arrange in a shallow dish.
2. Top each pork chop with a slice of onion and a slice of orange.
3. Pour in orange juice.
4. Sprinkle with parsley.
5. Cover with plastic wrap.
6. Cook at **P4** 10 - 12 minutes, or until meat is cooked.
7. Remove pork chops.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.