

Episode 12

Mama Knows Best Part 2

Fried Pork Chops *serves 4-6*

8 Bone-In Pork Chops
Salt, Pepper, Garlic Powder
4 cups peanut oil
1/2 cup buttermilk
1 cup self-rising flour

Preheat oil to 350°

Salt and pepper both sides of all pork chops. Dust with garlic powder. Use a mallet and lightly tenderize the chops. Drizzle the buttermilk over the chops and rubs well on both sides. Dredge chops in flour and shake off any extra flour.

Cook half of the chops at a time. (About 3 minute per side.) If chops start curling up, nip the sides with shears. Drain on paper and keep warm in a 200° oven until all are finished.

Pork Chop Gravy

Drain the oil from the skillet. (Reserve 2 tbsp.) Over medium heat, add 2 tbsp. flour to the oil and stir to coat. Scrape the bottom of the pot to incorporate all of the brown bits. Add 1 cup beef stock and stir. Add 1/2 cup milk. Cook until thick and reduced slightly.

Creamed Potatoes *serves 4-6*

3lbs. Medium Red Potatoes (peeled)

1 cup heavy cream (Heated)

1/2 cup sour cream

1 stick butter

2 tbsp. cooking oil

Boil the potatoes in an 8-quart pot with 3 tbsp. salt until tender. (A paring knife should be able to be inserted and pulled out with no resistance.)

Drain potatoes and return to pot. Add the heavy cream. Add 1/2 cup sour cream, salt and pepper to taste. With a hand mixer, blend all ingredients until smooth.

Do not over beat! Add 1 stick butter at the end and cover.

Stir before serving!

Fresh Butter Beans *serves 4-6*

16oz. Fresh Butter Beans

Salt and Pepper

2 Tbsp. minced garlic.

2 tbsp. bacon fat. 1 Smoked Ham Hock Sliced into thirds.

(If you can't find these pre-packaged, ask your butcher to slice them)

In a medium pan, add Ham Hocks to 2 cups of water and let simmer for an hour.

Add fresh Butter Beans. minced garlic and bacon fat. Reduce heat to a low simmer. Salt and pepper to taste. Cook until tender. (About 40 minutes)

Serve with a plain sandwich bread and sliced tomatoes!