

## 5. Pork Chop Steak 2025

### Pork Chop Steak Vepřová Kotleta

4 servings

Ingredients:

**4 PIECES** (about 1 ½ - 2 LB) of pork chops (preferably 1 ½ to 2" thick)

Juice from 1 large lemon

**Drizzle** of Extra Virgin Olive Oil - adjust if needed

**4 cloves** of garlic - peeled and grated - adjust if needed

Salt - ideally freshly ground

Pepper - ideally freshly ground

**2 TBSP** of frying oil - adjust if needed

**½ stick (2 OZ)** of butter - sliced to about 8 slices

Final touch:

Salt and pepper - ideally freshly ground

Optionally: Herb butter

Best served with:

Creamy mashed potatoes

Rustic potatoes with bacon and onion

Small side salad

Fries

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Plate

Silicone Brush

Optionally: Lemon Squeezer

Small Hand Grater or Garlic Press (for garlic)

Plastic Wrap

1x Large Sauté Pan or Stir Fry Pan (12" or more and ovenproof)

Tongs

Large Cooking Spoon

Food Thermometer

Directions:

**1. Meat preparation:**

- 1.1. Make sure that the meat is properly rinsed under cold water and the unwanted parts are removed.
- 1.2. Cut into 4 steaks with a thickness of 1 ½ - 2" (unless already cut from the store).
- 1.3. Do not pound the meat; just place it on a plate.
- 1.4. Pour and sprinkle these ingredients on both sides of each steak:
  - 1.4.1. Squeeze lemon.
  - 1.4.2. Pour Extra Virgin Olive Oil.
  - 1.4.3. Grate garlic directly on the steak and spread it with your fingers or a silicone brush.
  - 1.4.4. Generously salt and pepper (especially be very generous with salt - it will help develop the right flavor).
- 1.5. Cover with a plastic wrap and marinate at room temperature for about 30 minutes (or overnight in the refrigerator with the last 30 - 60 minutes at room temperature).

**2. Pan sear with finishing in the oven:**

- 2.1. Set oven to preheat at 350°F.
- 2.2. Preheat the fry pan on high heat with **2 TBSP** of frying oil.
- 2.3. Briefly sear to reach a nice sear (about 1 - 2 minutes on each side + fat layer on pork chops if this applies).
- 2.4. Add 2 slices of butter on each steak and pour the liquid from the marinade over.
- 2.5. Finish by placing into a preheated oven until the meat is fully cooked (about 6 - 9 minutes). \*
- 2.6. In the middle of finishing in the oven, turn the meat and pour the juices from the pan over.

### 3. Resting and Serving of Pork Chop Steak Vepřová Kotleta:

3.1. Let the meat rest on a cutting board for about 2 minutes before serving.

**Note:**

During this time, the meat will slightly decrease in temperature and nicely lock most of the juices inside – this is part of making the meat moist and tender.

3.2. Optionally, slice each steak for serving (based on your personal preferences).

3.3. Place on a plate and sprinkle with salt and pepper and optionally place butter on each steak. Then, pour a pan of juices over it.

3.4. Serve with creamy mashed potatoes or a small salad.

# Creamy Mashed Potatoes

4 - 5 servings

Ingredients:

**2 LB** of potatoes - peeled and diced or sliced \*

**¾ cup** of heavy cream - warm (can be reheated in microwave)

Optionally: **1 clove** of garlic - peeled and grated

**½ TSP** of salt

**¼ TSP** of ground pepper - ideally freshly ground

\*It really doesn't matter what size you dice potatoes for this recipe, but smaller pieces will cook faster.

Tools:

Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Peeler

Medium Sauce Pan or Small Pot (about 4 QT)

Colander

Small Mixing Bowl (about 1 QT)

Kitchen Mixer with Whisk Attachment or Hand Mixer

Silicone Spatula

Small Hand Grater or Garlic Press (for garlic)

Optionally: Pastry Tips and Pastry Bags

Directions:

1. **Potato preparation & cooking:**

- 1.1. Rinse potatoes under cold water.
- 1.2. Then peel and chop potatoes.
- 1.3. Place into a medium pot and then fill the pot with water (about 1" above the level of the potatoes).
- 1.4. Cover the pot with a lid and place on a high heat burner. Bring to a boil.
- 1.5. Lower heat to medium and boil until fully cooked (about 12 – 15 minutes). Take one out and taste to make sure it is done.
- 1.6. Drain the water by pouring over a colander and place into a kitchen mixer with a whisk attachment.

2. **Final phase:**

- 2.1. Add into the kitchen mixer:

**¾ cup** of heavy cream - warm

Optionally: **1 clove** of garlic - grated

**½ TSP** of salt

**Pinch** of ground pepper

Whisk on a low speed until partially combined (about 1 minute).

- 2.2. Then increase speed to high and whisk until it gets nice and creamy with a fluffy consistency for at least 5 minutes.
- 2.3. Taste and add salt or pepper if needed.
- 2.4. Optionally, serve by piping out of your pastry bag with a tip.

**Tip:**

If parts of the ingredients stick to the side of mixing bowl during mixing, stop the mixer, and place it back into the bowl with a spatula. Then, continue mixing.

## Bacon-Wrapped Beans

4 servings (3 pcs per serving)

Ingredients:

Beans:

**3 TBSP** of frying oil - adjust if needed

**1 LB** of fresh whole green beans (or frozen – no defrosting necessary before cooking) \*

**Pinch** of salt

**Pinch** of pepper

**12 slices** (about  $\frac{3}{4}$  LB) of bacon (optionally substituted with turkey bacon)

\* You are going to use about 6 – 7 beans in one wrap. That means that you are going to need about 72 – 84 beans. That amount should be roughly present in 1 LB of frozen beans or even in shorter fresh ones. If your beans are too long, you can cut them into halves. Or you can just go with the flow as I do and avoid counting and adjust some super-long beans as you go. And in the end, get surprised with the final count of wraps.

Tools:

Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Large Fry Pan or Large Sauté Pan (12" or more)

Wooden Spoon or High-Temperature Silicone Spatula

Colander or Strainer

Medium-Size Baking Sheet with Parchment Paper or Silicone Mat

Directions:

**1. Prepare & precook beans:**

A. Fresh whole green beans preparation:

1. Fill a large pot with water to about half and set to preheat to boil.
2. Meanwhile, thoroughly rinse all green beans and then cut off both ends.
3. Place into the boiling water and cook until lightly soft – but do not overcook (about 5 – 7 minutes).

**Notes:**

- Beans cooked at this stage will be just slightly soft and still slightly crunchy and taste a little plain since you haven't added any seasoning – beans will be brought to perfection in a later step.
- To make sure that you have reached the right cook, take one out and taste it. If you can imagine eating it like a light snack, you are all set for now. If you still don't have any idea, just simply cook for 7 minutes sharp and you will be set.

4. When done, drain over a colander.

B. Frozen green beans preparation:

1. Fill a large pot with water to about half and set to preheat to a boil.
2. Cook in the boiling water for about 2 minutes (no need to cook longer since frozen green beans usually come pre-cooked).
3. When done, drain over a colander.

**2. Set oven to preheat at 350°F.**

**3. Sauté beans:**

**Tip:**

This step can be skipped and you will still have a decent version of this side/appetizer. But if you follow all my steps below, you will reach a much more superb experience, which will certainly be worth the few extra steps.

- 3.1. Preheat the frying pan on medium-high heat with **3 TBSP** of frying oil and add:

**1 LB** of whole green beans

Salt and pepper the beans.

- 3.2. Sauté with occasional stirring until a light sear is reached (about 3 - 4 minutes).

**Important:**

Before you finish sautéing, take one bean out and taste it. Add salt and/or pepper if needed.

**4. Create wraps:**

- 4.1. Wrap about 6 – 7 beans with 1 slice of bacon and place on a baking sheet with parchment paper.

**5. Finish in the oven:**

- 5.1. Finish in a preheated oven until the bacon is cooked to your satisfaction (until you reach the desired stage of bacon cooking). I usually leave it there for only 5 – 7 minutes because I like my bacon cooked only partially.

**Good to know:**

There is no such thing as raw bacon. Anything that is called bacon is processed the same way as deli meat. That means that it can be consumed directly and without any cooking. However, in the US, bacon is usually cut into thick slices (1 slice has about 1 OZ), which represents a choking hazard if you don't cook your bacon at least partially before consuming it. If you get bacon sliced thin enough, it can be used the same as deli meat without further cooking. With this recipe, you do not need to worry about the internal bacon temperature but more about how you prefer your bacon to be served (if you cook it for at least a few minutes, you should be fine).

**6. Serving:**

- 6.1. Serve as a side or one of the sides to your main course or also as a warm or even cold appetizer.

**Disclaimer:**

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