

Recipe Singles

Seasoned Pork Chops

1/2 inch pork chops with bone in

Olive oil to coat bottom of frying pan

1 cup Rice Dream

2 cups coating mixture—Gluten Free Pantry seasoned rice crumbs coating mix

Or if you prefer to make your own:

Take 1 cup rice crumbs—(purchase in health food store)

Add 1 tablespoon pepper, few pinches of salt, handful of dry oregano, parsley, basil—I take these dried spice leaves from the bottles and crumble in my hand

Mix well

Put Rice Dream in a wide bowl—pork chops should fit comfortably to be covered

Put Rice crumbs mixture on a dinner plate

Soak the pork chops in the Rice Dream for 1 minute—make sure all sides, top, bottom are covered

Then take a pork chop and coat with rice crumb mixture by laying the chop on the plate and patting to keep coating on—turn and repeat

Heat oil in pan over medium flame

Place chops in frying pan and hear the sizzle.

Turn over after about one minute and brown other side—some coating will come off, but no matter

Once you have browned all the chops, turn heat to low and cover pan

Cook for 35 minutes, turn chops over carefully

Cook for additional 25 minutes—last few minutes leave cover half off to crisp the coating.

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