

Sweet and Sour Pork Chops

Printed from Pork Chop Recipes at <http://www.porkchoprecipes.net/>

If you can't escape to the islands, why not bring the islands to your table? Pineapples and pork chops are cooked together to create a fruity stewed dish that will make you feel like the vacation has come to you.

Ingredients:

½ cup sugar
1/3 cup white vinegar
6 tablespoons canned pineapple juice
1 tablespoon corn starch
2 teaspoons soy sauce
2 tablespoons vegetable oil
8 lean boneless pork chops
Salt and freshly ground black pepper, to taste

Directions:

1. In a small saucepan, combine the sugar, vinegar, pineapple juice, corn starch, and soy sauce. Bring to a boil over high heat, then reduce to a simmer and cook until clear and thickened, 2 minutes.
2. Heat oil in a large skillet over medium heat. Add pork chops, season with salt and pepper, and brown on both sides, 4 to 5 minutes total. Pour sauce over chops, cover, and cook over low heat for 50 minutes, turning frequently.