

## **Pan-Seared Pork Chops**

<http://userealbutter.com/2016/04/18/pan-seared-pork-chops-recipe/>  
from *The Food Lab* by J. Kenji López-Alt

4 bone-in pork chops, about 1 inch thick  
salt  
pepper  
1 tbsp vegetable oil  
1 tbsp unsalted butter

Season both sides of each pork chop with salt. Set the chops on a rack over a dish (something to catch any drips) and refrigerate uncovered for 45 minutes or up to 3 days. Pat the pork chops dry and make two to three scores, about 1 inch apart, across the fatty outer edge of each pork chop. Cut through the fat and membrane to the meat – this helps to prevent buckling during cooking. Season the pork chops with pepper. Heat the vegetable oil and butter in a sauté pan over high heat. When the pan is hot, place your pork chops in a single layer and sear for 3 minutes until browned. Flip the chops over and continue to sear until the internal temperature reads 145°F for medium rare or 160°F for medium. Remove the pork chops from the pan and allow them to rest for 3-5 minutes before serving. Serves 4.