

Pork Chops in Cream

*Elizabethian Inn - Lake Geneva, WI
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

6 center cut pork chops, two inches thick

Bouquet of seasonings (equal amounts of white pepper, garlic powder, thyme, basil and caraway seeds)

4 tablespoons vegetable oil

1 1/2 cups beef stock

3 cups mushrooms, minced

4 tablespoons green onions, chopped

1 cup light cream

1 tablespoon butter, melted

1 tablespoon flour

3 tablespoons cognac

3 egg yolks

salt (to taste)

freshly ground pepper (to taste)

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Preheat the oven to 325 degrees.

Sprinkle the pork chops with the seasoning mixture on both sides. In a heavy skillet, heat the oil until sizzling. Add the chops. Sear and brown on each side. Remove the chops. Reserve the juices.

Place the pork chops in a roasting pan. Pour the beef stock over the chops. Cover and bake until fork tender (up to two hours).

Add the mushrooms and onion to the skillet along with the reserved juices and heat. Add one-half cup of the cream. Bring just to a boil.

Blend the melted butter and flour in a skillet, whisking until smooth. Bring to a boil and simmer for 2 minutes. Stir in the cognac.

In a small bowl, blend the egg yolks and remaining one-half cup of cream. Combine with the sauce in the skillet. Add salt and pepper to taste. Heat over low heat, stirring constantly, but do not boil. Serve over the pork chops.

Per Serving (excluding unknown items): 241 Calories; 21g Fat (85.3% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 138mg Cholesterol; 572mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.

Pork

Calories (kcal):	241
% Calories from Fat:	85.3%
% Calories from Carbohydrates:	8.3%
% Calories from Protein:	6.4%
Total Fat (g):	21g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	138mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	572mg
Potassium (mg):	220mg
Calcium (mg):	56mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	538IU
Vitamin A (r.e.):	140 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	24mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	16
% Daily Values*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	241	Calories from Fat: 206
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% Daily Values*

Total Fat	21g	33%
Saturated Fat	8g	39%
Cholesterol	138mg	46%
Sodium	572mg	24%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	2%
Protein	4g	
Vitamin A		11%
Vitamin C		4%
Calcium		6%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.