

Brussels Sprouts . . . If you hate them you really might like my version.

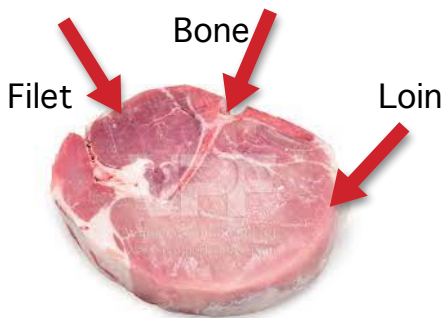


- Wash, remove tough ends, slice thin
- Place ceramic skillet over med-low heat
- Sprinkle in a pinch of coarse black pepper
- 2 T butter
- Add Brussels Sprouts toss, cover until just tender (NOT mushy)
- Add 2 T of Sugar-free Apricot Jam
- 1/3 C chopped pecans and a tiny pinch of salt

That's all -- so simple and so sweet. Left overs freeze well. And, oh so good with a T-Bone Pork Chop browned in a little butter.

What are the different cuts of Pork Chops . . .

My favorite is an old fashioned T-Bone Pork Chop. This is what my grandmother served. It was big and round with the bone in, the tender filet attached along with the loin and a nice layer of fat. The bone and fat are needed for FLAVOR.



To understand the importance of needing **all 3 parts** for maximum flavor and tenderness you need to understand the industry lingo.

Beef Tenderloin



Pork Loin



Even though they LOOK identical they are NOT. The Beef Tenderloin is where we get our Filet Mignon. However, the Pork Loin is NOT the most tender part of the Pork. The tender filet has been removed from MOST pork chops you buy in the grocery store. At least this pork chop still has its bone for flavor.



Just as with a T-Bone from a cow when the bone and the Filet or Tenderloin is removed you are left with a less tender Sirloin Steak, often called a New York Strip.



And unfortunately when you buy this chop with NO bone and NO filet you have the least tender and least flavorful chop. Be sure NOT to overcook this cut of pork.

