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Barbeque Pork Dishes ? Fast, Easy and Economical Approach to Serve up Luscious Delight

One of the most exciting and enchanting aspect of Pork recipes is the sheer variety of pork cuts and their cooking ways. Pork is an exceedingly versatile meat that may be tailored according to the likings and the tastes of the folks. Barbeque pork preparations are the well-liked recipes among pork lovers. These kind of dishes are pretty uncomplicated to make and proper for instant meals.

The finest fad about pork is that it really is a luscious variety of meat when cooked with full fat, though fat-free pork gets dehydrated extremely fast only if scalded. Listed below are few points on methods to prepare top barbeque pork recipes:

– The best approach to make an inexpensive meal with pork – purchase the whole loin. But, there can be different methods and temps for grilling the different pork cuts. Like, chop must be seared from all sides on extreme warmth for 2-3 minutes and then roasted on medium heat prior to concluding

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the cooking. Standard loin must be seared at 450 degrees F for a minimum of 5 minutes on all sides and cooked for 40-50 minutes at 400 degrees F. Correspondingly, tenderloin is prepared at the heat of 400 degrees F for 15-20 minutes.

- Keep the pork in marinade prior to grilling. A rub made up of dry spices or a liquid marinade, both would work remarkably with the pork. The highly accepted "jerk flavoring" is the best spice rub to cook barbeque pork preparations. Other marinades may contain sage, thyme, many sauces and in some preparations wine is also used.

-While grilling the pork, oil basting is very vital. This will bestow enough dampness to the pork and allow proper crusting.

-One point that needs to be present in mind that the source of heat or the grill is required to be suitably heated prior to cooking to ensure that the juices of the meat gets sealed inside it promptly.

-It is pretty necessary to sustain a right gap among the pork and the heat source at the time of grilling as it may guarantee the correct cooking of meat from inside as well as from outer surface. Allow the meat to cool down for 5-7

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minutes before dishing up.

-Last but not the least; appropriate grilling accessories are essential for making finest grilled meat preparations.

These tips would surely give you a plan of barbequing or roasting the pork, however, the cooking time and the temperature could be changed relating to the requirement. Various largely popular barbeque pork dishes are slow smoked pork ribs, grilled pork with cherry sauce and hoot-n holler baby back pork ribs.

For further details on pork chop recipes please go to [Pork Chop Recipes](#). You can also take a look at some fantastic pork recipes by clicking [pork recipes](#).

Related [Pork Recipes Articles](#)

Annette Sym Recipes

Annette Sym's story is truly an inspirational weight loss story. She lost her weight by adopting a healthy lifestyle –

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and by losing weight I don't mean 10 or 20 pounds – She lost around 70 pounds. She replaced her unhealthy eating habits with exercise and low fat foods. She hates dieting and so did not want to miss out on eating her favorite foods to lose weight. Instead she came up with low fat recipes for almost everything – low fat versions for butter chicken, curries, burgers, cheese cakes and even for chocolate cakes. Annette has a sweet tooth and she loves cakes and she still eats them regularly them – thanks to her low fat recipes.

Her healthy eating was the secret behind her dress size – from size 24 to size 12. The amazing thing in this true story is the fact that she lost seventy pounds and managed to keep it off for nearly 2 decades. Had she opted for pills or diets or any other such fads there is no way she could have managed to keep it off for such a long time.

After losing her weight, Annette decided to put together all her recipes into a cookbook and sell the book – She self published her book as she could not find a publisher to back it. Her book is called 'Symply Too Good To Be True'. All her recipes have the nutritional information as well (Calories, saturated fat, fat etc etc).

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The book was an instant success – people loved the book, because all her recipes tasted good but had hardly any effect on their waist lines. She recently published the American version of this cookbook and this too is a huge success.

I recently bought a copy of the book and now my cooking styles have changed dramatically – Same taste (actually better) but much less fat. Here is an example – I love Thai food – lot of coconut milk in Thai recipes – 40-odd grams of fat a cup – but with Annette Sym's Recipe, it is only 4 grams.

Sandy Naidu is a work at home mother. Sandy's website, DotComMothers, features interviews with women business owners. She recently interviewed Annette Sym of Symply Too Good – Annette Sym Recipes. This business mom is the queen of low fat cookbooks. Read her story at Annette Syms Recipes.

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Soup Recipes Guide

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Soup is a comfort food that can be found all over the world. Soup can cheer you up when you're feeling under the weather, or help you fight the chill on a brisk day. Soup helps us to keep from overeating, but we are careful not to take too much soup. Soups are an excellent way to use leftover grains and beans. Soup is deliciously simple to prepare, quite a cheap meal idea, very nutritious and easy to digest. Soup makes a wonderful meal, and once you make a pot or two, you'll discover it isn't really that hard to make. Soups can serve as a main dish when they are hearty and filled with meats and vegetables. Soup can be transferred to a large bowl and kept covered in cling wrap in the refrigerator for up to 4 days, or frozen for future use. Soup helps you include lots of vegetables in your family's diet.

Soup recipes are always popular but they seem to become even more so when the weather starts to cool down. Soup recipes are versatile enough for any situation, on any day. Soup recipes are actually among the most forgiving of all when it comes to measurements, substitutions, etc. Soup recipes can be made for an appetizer, a lunch or dinner. Soup recipes are not necessarily used just for the winter time, or when you are sick. Soup recipes are warming, good for you and simple to

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make.

Soup recipes are usually stock or broth-based, like chicken noodle soup, or they can be creamy, like creamy mushroom soup. Chicken noodle soup is warming and pleasing and many of us have fond memories of the homemade chicken noodle soup we enjoyed as children.

Chicken soup can be enjoyed as an appetizer, as a meal in itself or as a comforting drink at any time of the day or night. Chicken soup comes in many varieties, including Asian, Mexican, Japanese, and Thai style soups and there are plenty of international stew recipes also. Chicken soup recipes are low in fat, even more so if you skim the fat from the top of the soup before serving. Chicken soup is cheap and easy to prepare, nutritious and easily digestible, making it a very good food for convalescing people. Chicken soup has been prescribed to cure colds, by draining nasal passages and through the blend of nutrients and vitamins that slow the growth of certain white cells. Cooking a bone in a chicken soup recipe can increase the amount of calcium in the soup recipe too.

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Chicken Noodle Soup:

Ingredients:

2 cans chicken broth

2 cans water

1/4 tsp. poultry seasoning

1/2 tsp. crushed dried thyme leaves

1 medium onion, finely chopped

1 large carrot, peeled and sliced 1/4 inch thick

1 stalk celery, sliced 1/4 inch thick

3 cups cooked diced chicken

2 cups wide egg noodles

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1/4 cup finely chopped fresh parsley

ground black pepper

Directions:

1. In a large stockpot combine the broth, water, poultry seasoning, thyme, celery, carrot, and onion.
2. Over medium heat, heat to boiling, stirring occasionally then reduce the heat to low. Add the cooked chicken.
3. Cover and cook 15-20 minutes or until vegetables are tender, stirring occasionally.
4. Add the noodles, cook until just tender (about 5 minutes). Stir in the parsley and pepper to taste and serve.

Delmondo Sorell studied about health, diet and fitness for many years.

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He wrote several articles about Dinner Recipes, and

Nutrition

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Enter Your Favorite Recipe

Honey Chipotle Pork Tacos with Caramelized Onions

I really like tacos. I think my love for them has stemmed from my relatively recent discovery that they don't need to be comprised of dry ground beef and limp iceberg lettuce; that good tacos use better, fresher ingredients and have a lot more flavor.

I was never one to hop on the "sweet & savory" train that seems to be so popular now, but it really works here because

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the sweetness from the honey is so subtle compared to the strong, spicy, smoky flavor of adobo chipotles, and provides a much-needed contrast. Caramelized onions provided another source of subtle sweetness to balance all of the spice in the pork, as well as the chipotle slaw (which I also used in my recipe for fish tacos), and the spicy bourbon beans are great as a side dish or right inside the tacos themselves.

Tacos are a fun dish to make because there are so many possible toppings and combinations; just mix and match until you find what you like the best.

Honey Chipotle Pork Tacos with Caramelized Onions

Ingredients – Serves 4-6:

1 $\frac{1}{2}$ lbs pork tenderloin

2 chipotles in adobo, coarsely chopped, plus $\frac{1}{2}$ teaspoons of adobo sauce (adjust to your tastes)

2 tbsp honey

Juice and zest of 1 lime

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2 garlic cloves, coarsely chopped

1 tsp salt

2 medium yellow onions, sliced

1 tbsp butter

1tbsp olive oil + 1 tbsp

1 can black beans, drained and rinsed.

1 jalapeno, seeded & minced

1 garlic clove, minced

1 tsp cumin

3 tbsp bourbon

Chipotle Slaw (recipe can be found here)

8-12 6-inch corn tortillas, heated in microwave or on the stove until pliable.

Cilantro, for garnish

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Directions:

1. Combine pork with chipotles, adobo, honey, lime juice & zest, garlic, and salt in a large zip top bag. Marinate for at least 1 hour or up to overnight.
2. In a large skillet, melt 1 tbsp butter with 1 tbsp oil over medium heat. Add in onions. Sweat for 5 minutes until they start to soften, but not brown, about 5 minutes. Lower heat and cook until they become a dark brown, stirring occasionally. This could take about 20-30 minutes. If the pan gets too dry, add in a touch of water.
3. Meanwhile, preheat oven to 350 degrees. Heat oil in another large skillet over medium-high heat. Add in the pork, and sear about 3-5 minutes per side. Transfer to a sheet pan and continue cooking in the oven for about 10-15 minutes or until internal temperature reaches about 140-145 degrees. Let rest for 10 minutes.
4. Meanwhile, make the bourbon black beans. In the same skillet the pork was cooked in, sauté the garlic and jalapeno for 1 minute. Add in the black beans and cumin and sauté for 2 minutes more. Take the skillet off of the heat and add in the

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bourbon (this is very important-if you leave it on the heat, it may flare up). Deglaze the pan by scraping up all of the brown bits from cooking the pork. Cook until most of the liquid has evaporated.

5. After pork has rested, slice thinly.

6. To serve, top taco with pork, beans, caramelized onion, chipotle slaw, and cilantro.

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Beef Delicacies: A Concise Writeup On Beef Dishes

Beef recipes are packed with nutrients such as proteins, amino acids, and minerals. Beef is loaded with 10 vital nutrients, that's why it is called powerhouse of the nutrients. These nutrients promote various body functions and maintain tissue health. You can gain a lot from beef dishes because they are healthy, nutritious and filling too. You can cook them and serve them on all special occasions or regularly.

There are 29 types of beef cuts, which can be incorporated in all healthy meals. You can try out preparing several meals using these beef cuts. All beef cuts are not healthy, so you need to choose from the healthier ones. As beef is considered to be healthier meat, still lean meats are the preferred ones, and beef is not one of the kind. The calorie-conscious generation of meat eaters are literally counting each calorie of the food that they eat, and keeping the needs of such eaters in mind, the food manufacturers have come up with fat-free beef meats. You can choose from different kinds of fat-free meats sold at the departmental stores. Always exercise caution while buying such meats because you need to check many things

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like the expiry date, amount of preservatives used, etc.

You can improvise on the health factor of fatty beefs by adding herbs, and healthy spices such as greens, lentils, legumes, etc. Fresh herbs bring out the flavor of the meat and increase the overall health content of the meat. Mostly greens like garlic, ginger, spinach, peas, carrot, and onion are used in preparation of the beef dishes. Dairy products such as cheese, sour cream, milk can be added to increase the richness of the beef. If you are more health conscious then you can cut on the salt, and try seasonings made from herbs such as thyme, sage, bay leaves and garlic.

As told earlier there are 29 types of beef cuts , which are used in preparation of various beef recipes. Given below are three types of beef cuts which can be used in preparation of different recipes.

Top Round Steak: You can sauté, broil and grill it for preparing some mouth-watering and nutritious beef recipes.

Eye round roast: This cut of meat is considered to be beneficial and is commonly used in low-calorie and healthy food preparations.. You can braise, saute, and barbeque your

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beef to whip out nourishing beef recipes.

Flank steak: Like Eye round roast, this cut of meat is also regarded to be healthy and usually utilized in low-calorie food preparations. These beef cuts taste good when marinated with red wine vinegar and supplementary herb seasonings. Generally broiling and roasting is suggested cooking styles of this type of steak.

Beef recipes using low-calories are pretty prevalent nowadays because number of health conscious eaters is on rise.

For more details on Delicious Beef recipes please look at Beef Recipes. You can also take a peek at some fantastic ground beef recipes by clicking [Ground beef recipes](#).

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Lets Make Some Tasty Chicken

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Salad Recipes

Chicken Salad is bursting with flavors if made with the right recipe. You can eat chicken salad by itself or you can pair it with sides like lettuce, avocado; it can also be used for sandwiches. Besides chicken, chicken salad can comprise of a variety of other ingredients like bacon, sliced apples, nuts, chopped peaches, seedless grapes, fruits, raisins, pineapples, hard boiled eggs, cucumber, peppers, English Peas, olives and a whole lot more. The flavors can also be adjusted by using different spices like cumin and curry.

Ingredients

4 cups diced poached chicken

1 stalk celery, cut into 1/4 inch dice

4 scallions, trimmed and thinly sliced or 1/4 cup sweet onion cut into 1/4 inch dice

1 1/2 teaspoons finely chopped parsley

1 cup prepared or homemade parsley

1 cup prepared or homemade mayonnaise

2 teaspoons strained freshly squeezed lemon juice

1 teaspoon kosher salt

Freshly ground black pepper

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Directions

1. In a mixing bowl, mix together the chicken, celery, scallions and herbs. Set aside.
2. In a small bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper to taste. Add to the chicken and mix carefully until combined. Place in the fridge until ready to serve.
3. Serve on a bed of lettuce with sliced tomatoes, in half an avocado or in a chicken club sandwich prepared with artisanal bread, crunchy smoked bacon, vine-ripened tomatoes and lettuce.

Poached Chicken for Salad

10 sprigs parsley

2 sprigs fresh thyme

1 small onion, cut into two halves

1 small carrot, cut into two halves

1 stalk celery, halved

3 pounds chicken breasts halves, on the bone and fat trimmed

5 to 6 cups chicken broth, homemade or low sodium canned

Directions

1. Put parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach

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the chicken for 20 minutes or until firm when touched remove the pan from the heat, uncover, cool the chicken in the liquid for 30 minutes.

2. Move the chicken to a cutting board and keep back the liquid. Bone and skin the chicken and slice the meat into 1 inch cubes. Discard the bones and skin.

3. Strain the broth and store, covered, in the refrigerator for 3 days or freeze until later use. Skim off any fat from the surface of the broth before using.

This recipe yields 4 cups diced chicken or 4 to 6 servings.

Please visit [this link](#) for more information on Chicken Salad Recipe and [this link](#) for information on many more Chicken Salad Recipes.

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Best Chicken Salad Recipes for

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Your Penchant

At times an unpretentious dish may be the most excellent style towards a hearty meal. Chicken salad is such a dish that imparts an appetizing taste and even bestow strength. Chicken salad recipes can both be uncomplicated or extravagant, based on the event and the likings. As it is clear, the major food item in chicken salad is chicken. Essentially, the chicken breast is used in chicken salad recipes as breast meat is succulent and tender. Spare or canned chicken portions are widely incorporated to compose a delightful salad. Other food may vary with the preparations.

Few of the most regularly used ingredients in chicken salad recipes are boiled eggs, pecans, cheese, cream, mayonnaise, celery, tomato, green leafy veggies, onion, dry fruits and seasonings. These ingredients can either be used by itself in different chicken salad dishes or can be used in combos.

Chicken salad is not just popular in only one or two cuisines but it enjoys immense acceptance in approximately all styles of cooking, though, the alterations are being done in respect to the indigenous liking. Like in cuisines of Asia and Europe, this salad is often adored with one or more dressings and

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sometimes even presented exclusive of any dressing. The components of chicken salad recipes in these cuisines also change and principally consist of pasta, noodles, and leafy veggies and even rice. Mention of chicken salad is imperfect without the Wakefield, Rhode Island. It is the area where chicken salad was first introduced by "Town Meats". The owner of the Town Meats, Liam Gray, tried a recipe including a little leftover chicken and mix it with variety of suaces in hand, mayonnaise and some grapes. That preparation evolved into one of the most popular delicatessen in American styles of cooking and still enjoying this position.

However, chicken salad dishes comprise chicken in any style but packed, steamed and grilled chicken salad preparations are commonly popular in the cooking world. Chicken pieces are either crushed or sliced before incorporating to the dish. Present it as a side dish or dish it up as a wholesome meal with any bread or soup dish, chicken salad consist of several methods of eating. Some of the largely recognized chicken salad recipes are:

Hot chicken salad – Includes baked chicken along with pimineto seasoning and celery. Hard boiled eggs are used for garnish.

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Geek pasta salad – This highly popular salad is made up of luscious feta cheese and pasta. It can both be prepared tepid or cold.

Chicken and black bean salad – Cooked chicken is combined with black beans and flavored with jalapeno pepper and pounded garlic.

So, take out your salad making dish, track these chicken salad recipes and jumble simultaneously the delicious and nourishing ingredients for healthy meal.

For further information on Chicken Salad recipes please go to Chicken Salad Recipe. You can also take a look at some awesome chicken pasta recipes by clicking Chicken Pasta Recipes.

World famous Spanish recipes

One of the most widely known, & well loved, traditional Spanish recipes is Spanish omelet. This Spanish recipe is amazingly versatile & can be served hot or icy, as a starter –

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as a snack or as a main work with a salad. Cut in to cake-like wedges, it is ideal for packed lunches & picnics.

Peel the potatoes & cut in to half inch/12mm cubes. Cook in boiling salted water for 5 minutes, until tender. set aside to drain. Meantime, peel & chop the onion – peel & crush the garlic – de-seed & cut the pepper in to half inch/12mm squares.

Heat the rest of the oil in the pan. Add the potatoes & cook for 8-10 minutes while stirring. Beat the eggs together & add in the cheese, season with salt & pepper. Return the onion mixture to the pan, combine with the potatoes & sprinkle with the parsley. Reduce the heat & add the egg mixture evenly over the vegetables. Cook over a low heat for 8-10 minutes, or until the eggs are set. Loosen the edges & turn out onto a plate.

In a huge frying pan, heat half of the oil over a medium heat. Fry the onion for 2-3 minutes. Add the garlic, peas & red pepper – fry for a further 3-4 minutes, then set aside on a plate.

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You are now ready to serve six of the most famous of traditional Spanish recipes. For a meaty alternative, add some diced ham or bacon, or some chorizo sausage.

Microwave corn

First take a pair of kitchen scissors & cut the top of the husk (where the silk comes through & looks like a long beard) off, so the tip of the corn is barely showing.

Microwave corn on the cob is a great way to be going if you are short on time or if you have run out of cooking surface. This is a step-by-step tutorial to show you how easy & appetizing this method can be.

Next they need to get some moisture in to the corn so it steams as it cooks in the microwave. If you have the time, take your ears of corn & soak them in a huge container of water for 30 minutes prior to cooking. If you don't have that kind of time, wrap the ears in a damp towel.

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Cooking is an art. I love to cook.

<http://www.planyourdinner.com>

Now Make use of Healthy Materials In Pork Chop Dishes

If you talk about easy and simple recipe you may make in the home, the pork chop recipes will be among the very first few things. Pork can be utilized to prepare various forms of recipes. You can actually pair it almost with any form of seasoning or sauce.

Though it is easy to get fine pork chop recipes, coming up with those that are totally astonishing is a little more difficult . Pork, being a flexible meat, usually don't join with additional savor so effortlessly.

If you're on a diet, then you definitely are likely also searching for pork chop recipes which are beneficial. More and more individuals are very fitness conscious these days. Everybody desires to eat healthy and it may be slightly tough at times. Luckily, you will discover dozens of entirely

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healthful materials that are also a delight to the taste buds. With red meats such as beef that is harder as beef goes well with other strong flavors, most of that are unhealthy. On the contrary, pork is certainly one of the foremost healthiest meat which enable it to be very easily utilized to make some beneficial recipe with other a few healthful components.

Barbecue is something that everyone likes to gobble, and most of it is prepared just with pork. Making healthy pork chop recipe by the barbecue at home is quite simple and can be tired few minutes. The majority of time when you purchase barbecue sauce from your grocery store and check out the nutritional facts you could possibly be inclined to place it back on the shelf. Creating your own is simple, and can be much improved than the shop-bought kinds.

You also can utilize tomato sauce in order to make the sauce extra natural. Tomato sauce, considered one of the very best choices of barbecue sauce, is incredibly flavorful and thick, which make it a great choice for barbecue sauce.

The most unhealthy thing that you'll want in the sauce is Worcestershire sauce, which you merely need to use a bit of to have the sauce started. Some other healthy ingredients that can be utilized to prepare a delicious and healthy recipe are

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garlic, onions, pepper, paprika, oregano, ginger. What could be more astounding is that if you negate the tomato and Worcestershire sauce, you need to use those exact same components to prepare an entirely different-tasting pork chop.

For details on pork chop recipes please look at Pork Chop Recipes. You may also take a look at some awesome pork recipes by visiting [pork recipes](http://porkrecipes.com).