

PORK CHOPS & GRAVY

Last Modified: 02/12/2014

PREP: 20 Min
COOK: 1 Hr
PRESSURE COOKER

F EASY

PRESSURE COOKER

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Pork Chops Or Pork Steaks	Trimmed
2	Tbsp	Dried Parsley Leaves	Minced
3	Tbsp	Vegetable Oil	
1 1/2	Cups	Sour Cream (Breakstone)	
OR			
1 1/2	Cups	Greek Yogurt	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	10 1/2 Oz	Can Condensed Cream of Onion Soup (Campbells)	
2	Cups	Chicken Stock (Swanson)	

PREPARATION

CAUTION	You need to have a raised grill in the bottom of your Pressure Cooker to prevent burning the Meat.
TOOLS	1) 6.5 Qt Electric Pressure Cooker & Bottom Rack
PREP	DISH 1) Mince the Parsley Leaves and set them aside.
1	Sprinkle each Pork Chop generously with Salt and Pepper to taste on both sides - let them set for 15 minutes. Turn the Pressure Cooker to the Brown setting, add in a dash of Vegetable Oil and in batches, brown each Pork Chop on both sides, setting them aside until all are browned.
2	If any have curled up, make several small cuts through the fat layer around the outside so they will flatten out.
3	Add in the Chicken Stock and scrape the bottom to deglaze the pan. Place the bottom rack in the bottom and layer in the Pork Chops.
4	Lock the Lid on and cook it on high pressure for 8 Minutes.
5	Turn the Pressure Cooker off and allow the pressure to release naturally (About 15 to 20 minutes). Remove the lid and carefully remove the Chops to a bowl and cover them with aluminum foil to keep them hot.
6	Turn the pressure cooker on to the brown setting and bring the liquid to a boil. Whisk in the undiluted Soup until the mixture is smooth. Turn off the Pressure Cooker. Whisk in the Sour Cream or Yogurt and Parsley and pour it into a gravy boat
SERVE	Serve the Pork Chops while hot with the gravy on the side.