

Pork Chops & Braised Cabbage with applesauce dumplings

Look for bone-in pork chops known as Iowa chops. The bone helps them stay moist, and a thick chop is less likely to dry out during cooking. Choose chops no thicker than an inch, though, so they fully cook in the specified time.

Makes 4 servings; Total time: about 1 hour

FOR THE PORK CHOPS, HEAT:

- 1 Tbsp. canola oil
- 4 bone-in pork loin chops, trimmed and seasoned with salt and black pepper (each 1-inch thick)

FOR THE CABBAGE, MELT:

- 2 Tbsp. unsalted butter

STIR IN:

- 8 cups thinly sliced red cabbage (about 1/2 a head)
- 1 cup sliced red onion
- 1 cup sliced fennel
- 1 cinnamon stick (3-inch)
- 1 tsp. kosher salt
- 1 fresh bay leaf
- 1/2 cup dried cherries, chopped

WHISK:

- 1/2 cup dry red wine
- 1/2 cup apple juice or cider
- 1/4 cup packed brown sugar
- 1 Tbsp. cider vinegar

FOR THE DUMPLINGS, WHISK:

- 1 1/2 cups cake flour
- 1 Tbsp. chopped fresh chives
- 2 tsp. baking powder
- 1/2 tsp. table salt
- 3 Tbsp. cold unsalted butter, cubed

COMBINE:

- 2/3 cup chunky applesauce
- 2 Tbsp. apple juice or cider
- 1 egg

Preheat oven to 200°.

For the chops, heat oil in a 10-inch cast-iron skillet over high. Add chops, brown on both sides, then transfer to a plate, and set aside.

For the cabbage, melt 2 Tbsp. butter in same skillet over low heat.

Stir in cabbage, onion, fennel, cinnamon, kosher salt, and bay leaf.

Whisk together wine, 1/2 cup apple juice, brown sugar, and vinegar; add to cabbage. Bring mixture to a simmer over low heat. Place chops on top of cabbage, cover with a tight-fitting lid, and cook 20 minutes. Meanwhile, prepare dumplings.

For the dumplings, whisk together flour, chives, baking powder, and table salt in a bowl. Cut cubed butter into flour mixture until the size of peas.

Combine applesauce, 2 Tbsp. apple juice, and egg in a bowl. Stir into flour mixture with a fork just until combined.

Remove chops to a plate; keep warm in oven. Stir cherries into cabbage. Discard cinnamon stick and bay leaf.

Scoop dumpling batter onto simmering cabbage in 2 Tbsp. measures or with a #30 scoop; cover and steam until a toothpick inserted into dumpling centers comes out clean, 15–18 minutes.

Per serving: 896 cal; 31g total fat (14g sat); 192mg chol; 1183mg sodium; 94g carb; 10g fiber; 53g protein



Sear the chops first, to brown, then return them to the skillet on top of the cabbage and braise to cook.



For light, airy dumplings, mix the batter just until combined with a dinner fork to avoid overmixing.



For uniform dumplings that cook evenly use a cookie scoop and quickly place on cabbage mixture.