

For me, cooking food is a lot like playing music. If you're playing with an orchestra you need to read those written notes, but if you are soloing you can create improvisations to your heart's delight. "Peters Pugnacious Peppery Pork (or Poultry)" is one of those kitchen Improvisations that just came to me as I was making it. Last winter it became one of my families favorites. It's a good hearty meal for those chilly Autumn days that are soon to come.

Peter's Pugnacious Peppery Pork (or Poultry) Ingredients

- 4 to 6 thick pork loin chops (without bone) or 1 cut up chicken
- 1 cup flour
- 1 tsp garlic salt
- 1 TBS black pepper
- 1TBS paprika
- 4TBS olive oil
- 1 stick of butter
- 2 onions chopped coarsely
- 6 garlic cloves finely minced
- 1 jar of sauerkraut 28oz
- 1 large can Whole Peeled Tomatoes 28oz (I like to use Muir Glen organic fire roasted tomatoes) chopped into big pieces
- 3 cups fresh green beans chopped into pieces
- 4 large potatoes peeled/or not chopped into 1 inch pieces
- 1 can chicken stock
- 1 TBS chicken bouillon
- 1 tsp ground white pepper

Pre-heat oven to 350

Mix the flour, garlic salt, black pepper, and paprika together in a plastic bag (I often use the plastic bag that the newspaper is delivered in, or the plastic bags they use for groceries).

Dredge the pork or chicken in the flour mixture to coat. Set aside.

Heat the olive oil in a large deep skillet. Add 1/2 stick of butter. Watch so that the butter does not burn. As soon as the butter has melted, add meat to brown. You may need to do this in batches. Brown the meat evenly on both sides. Remove from pan and add more meat. When all the meat has been browned and removed from the skillet add the onions and saute for a few minutes. Add the rest of the butter and add the garlic. Saute for a few minutes more.

At this point, if you used a large deep skillet (6 to 8 inches deep) keep using this pan. If not, you will need to transfer what is in the skillet to a large baking dish. When this is done, add the browned meat, potatoes, sauerkraut, green beans, and tomatoes to the onion, garlic butter mixture. Mix together.

Add chicken stock, chicken bouillon, and white pepper to the mixture. Mix again. If your skillet or baking dish has a cover, use it. If not, cover with aluminum foil.

Put into oven and bake for one hour, or until potatoes can be easily pierced with a knife. Serve over Kluski style egg noodles or rice.