

The "**Golden State Sunshine Glazed Pork Chop**" is the perfect dish for the California State Fair competition because it can be made in **45 minutes**, keeps a juicy **California-raised pork chop** center stage, and showcases the state's agricultural bounty by incorporating citrus, berries, vegetables, nuts, honey, and dairy. This recipe is designed to be safe, fun, and highly manageable for a child cook with minimal adult supervision.

The Winning Dish Overview

- **The Star:** A pan-seared, thick-cut, bone-in California pork chop.
 - **The Glaze:** A sweet and tangy citrus-honey infusion featuring fresh local oranges, lemons, and honey.
 - **The Crunch:** A toasted walnut and fresh blackberry topping.
 - **The Side:** A creamy, kid-friendly goat cheese and mashed yam swirl.
 - **The Top:** Asparagus crown on top.
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Ingredients Checklist

For the Pork Chop & Glaze:

- 4 thick-cut, bone-in California pork chops
- 2 California orange (juiced and zested)
- 1 California lemon (juiced)
- 6 **tbsp** California wildflower honey
- 2 **tbsp** Olive oil
- 1 **cup** Fresh California blackberries (halved)
- 2 **tbsp** Chopped California walnuts

For the Creamy Sweet Potato Swirl:

- 4 **large** California yams (peeled and diced small for fast boiling)
 - 4 **tbsp** California butter
 - 2 **tbsp** California cream cheese
 - **Salt and pepper** to taste
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Step-by-Step Competition Recipe

1. Boil the Potatoes

- **Place** diced yams into a pot of salted water.

- **Bring** to a boil and cook for 12 minutes until fork tender.

2. Mix the Sunshine Glaze

- **Whisk** orange juice, orange zest, lemon juice, and honey together in a small bowl.
- **Set** the mixture aside for later.

3. Sear the Pork Chop

- **Pat** the pork chops dry with a paper towel and season both sides with salt and pepper.
- **Heat** olive oil in a skillet over medium-high heat (with adult supervision).
- **Cook** the pork chops for 4 to 5 minutes on each side until they form a golden-brown crust.

4. Glaze and Reduce

- **Turn** the stove heat down to medium-low.
- **Pour** the citrus-honey mixture directly into the skillet with the pork chops.
- **Simmer** for 3 to 4 minutes, spooning the juices over the pork until the glaze gets thick and shiny.
- **Snap** off the woody bottom ends of 4 asparagus spears.
- **Toss** the asparagus directly into the skillet right alongside the pork chops for the final 3 minutes of simmering.
- **Check** that the internal temperature reaches 145*
- **Remove** the chops to rest, then stir the blackberries and walnuts into the warm pan glaze for 1 minute.

5. Mash and Plate

- **Drain** the yams completely.
 - **Add** the butter, cream cheese, salt, and pepper.
 - **Mash** until completely smooth and creamy.
 - **Spoon** a large swirl of yams onto the center of the plate.
 - **Place** the glistening pork chop proudly on top.
 - **Spoon** the blackberry, walnut, and warm citrus-honey glaze over the center of the chop.
 - **Place "X"** add two pieces of California asparagus on top of the pork chop Criss crossed.
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