

## Strategies Applied: Sweet Bourbon Pork Chops

•**Pork Loin Chops:** Pork Chops are often expensive in the store, even in the family packs - dirty little secret? Many of the "better" chops, especially the thick ones, are sliced Pork Loin. This is great news - Pork Loin is sold in large packages for 89 to 99 cents a pound at a low, and \$1.99 is still a decent price. Precut chops in my store run \$4.99 or more per pound, regular price.

•Put out 12 to 20 bucks and buy a Pork Loin and slice your own chops "to order." Make an assortment of thicker ones for special meals and thinner ones for quick dinners, package them and stack them in your freezer. (Sharpen your knife first!) A pound and 1/2 @ \$1.99 is about \$3.00.

•**Maple Syrup:** I'm a freak for real maple syrup, and will happily take a lesser grade over a big, old jug of maple "flavored" corn syrup. It can be expensive, but I've recently found some at Aldi at a decent price, and its not half bad. If you wish to substitute, try a little honey.

•**Booze:** Shop carefully for your alcohol and really watch the sales and you'll be surprised that even the high end alcohols go on sale for great prices. It's worthwhile to build up a cupboard or bar - provided no one in the family has an issue and be especially careful if you have teens.

•**Sugar:** Look for sugar on sale, which usually happens around the holidays. While any holiday generates a sales price, the best sales are generally from Thanksgiving to Christmas, when coupons are abundant. Check out Aldi for your sugar; their prices are generally great. A rule of thumb: A store brand on sale will often beat a name brand on sale with a coupon. Aldi generally beats both.

•**Condiments:** I always pick up a lot of Dijon (and all my other condiments) during the [summer holidays](#) when condiments will reach their all time lows and coupons abound. A second chance always comes around during [Super Bowl week](#). If I can't find a deal with a coupon, the store brands on sale are often a good value, but with coupon deals, most of my condiments are free. That's a huge savings for me because I use many condiments in recipes.

•**Spices:** These are basic spices that should be in everyone's cupboard. I never count the cost of my spices - I just don't have the mental acuity to figure it out, and the amounts are so small. You can't go wrong with keeping any of the spices in this recipe on hand - all of these I buy in large quantities because I use them for things like rubs for ribs, steaks, pulled pork, chops and for my own blends like Taco Seasoning. Buy your spices on sale or in the "bulk" aisle or even in the produce aisle in the bags. The common ones can often be bought very cheaply at the big box store in large plastic containers. Put what you're going to use in little jars and store the rest in a cool, dark cupboard.

•**Olive Oil:** I have a little strategy for buying [olive oil](#) - using coupons and sales to lower the price, so click on the link. I also look for new brands and stock up - heavy competition means that when a new brand comes to the store, it is often at a fantastic price. I think it's important to use olive oil as opposed to many others - the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. I also like the fact that Olive oil contains no hidden trans fats like Canola or Vegetable oil. Cost for this recipe: 16 cents.