

# Braised Pork Chops with Apples

Adapted from Just Braise blog

Internet Address: <http://justbraise.blogspot.com/>



## Servings: 2

- 1/2 tablespoon unsalted butter
- 2 teaspoons olive oil
- 3/4 pound boneless pork top loin chops
- 1/2 teaspoon cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- pepper to taste
- 2 whole apples (Granny Smith, Empire, Rome, Courtland), sliced into 16 wedges
- 1/2 medium yellow onion, chopped
- 1/3 cup dark rum
- 1/2 cup pineapple juice, or apple juice/cider
- 2 tablespoons Italian parsley, minced

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

1. Preheat oven to 350F.
2. In a deep oven-safe pan (or dutch oven) over high heat, warm butter and olive oil (to barely coat bottom of pan).
3. While pan is warming, prepare the pork chops: Wash and fully dry the meat. Coat evenly on both sides with cinnamon, cumin, coriander and pepper. Carefully place meat in pan and sear both sides until thoroughly browned; about 4 minutes each side. The spices will brown quickly - just don't burn the meat, but dark brown is desirable.
4. Remove the pork chops from pan and reduce heat to medium. Add the onion and cook for 2-3 minutes until they are translucent. Deglaze by adding rum and scraping bits that have stuck to the pan. Add pineapple juice and apples. Braise the apple wedges in the juices until they are limp and have absorbed some juice; about 4 minutes.
5. Return pork chops to pan and move apples around the meat to cover sides and top (some may remain under the chops).
6. Cover pan and place in oven for 10-15 (or 20-25 if you've used thicker chops) minutes until pork chops are juicy and succulent and liquid has reduced. Serve with the apples on top and around the sides with the sauce all around. Garnish with Italian parsley. Ideally, serve this with some rice to soak up the juices.

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Per Serving (excluding unknown items): 484 Calories; 16g Fat (35.2% calories from fat); 32g Protein; 34g Carbohydrate; 5g Dietary Fiber; 85mg Cholesterol; 69mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 Fruit; 1 1/2 Fat.