

Pan-Roasted Brined Pork Chops with Maple Apples and Feta

A cooking class with Susan V, 2017



Servings: 6

1. Brine the pork: combine salt, maple syrup and water in a saucepan. Simmer, stirring, until the salt has dissolved. Let cool to room temp. Add cider vinegar, peppercorns and sage. Submerge the pork chops in the brine and refrigerate for 1-4 hours.

2. Preheat oven to 400°F.

3. Remove pork from brine (discard brine) and pat dry with paper towels. Set the pork on a plate, cover with plastic wrap and allow pork to come to room temp, about 30 minutes.

4. Rub the pork with olive oil and season with salt and pepper. Heat a large cast iron skillet over medium-high heat. Add pork and sear on one side for 3 minutes. Turn over, then transfer skillet to the preheated oven. Roast for 6-10 minutes, or until pork has reached an internal temp of 145°F.

Transfer to a heated plate and pour any pan juices on the meat. Let rest for about 5 minutes.

5. APPLES: Melt butter with olive oil in a large skillet. Add sage leaves and fry for less than a minute (do not burn). Remove sage to a paper towel and set aside. Add onion to skillet and cook about 5 minutes, then add apples, and cook for 6-8 minutes, until apples are softened. Add maple syrup and cook for just a minute. Remove apples from the heat, fold in the crispy sage leaves and crumbled Feta cheese.

6. Serve pork with apples along side.

BRINE:

6 cups water

1/4 cup kosher salt

1/2 cup maple syrup

2 cups apple cider vinegar

1 1/2 teaspoons peppercorns

2 whole sage leaves (fresh)

PORK:

6 pork chops, about 1" thick

2 tablespoons olive oil

Salt and pepper

APPLES:

1 tablespoon unsalted butter

1 tablespoon olive oil

10 whole sage leaves

1/2 cup red onion, sliced

1 pound apples, Gala or Honey Crisp, peeled, cored, cut in wedges

2 tablespoons maple syrup

1/4 cup feta cheese, crumbled

Per Serving (excluding unknown items): 484 Calories; 26g Fat (46.2% calories from fat); 25g Protein; 42g Carbohydrate; 4g Dietary Fiber; 84mg Cholesterol; 3901mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com