

Pork Chops with Mustard, Capers and Cream

adapted from Diana Henry, U.K. chef



Servings: 4

1. Preheat the oven to 400°F. Assemble ingredients ahead, mis en place.
2. Heat the oil in a large ovenproof frying pan (or two smaller pans) over high heat. Season the chops all over with salt and pepper, then cook them for two minutes on each side; you want them good and golden. Transfer the pan to the oven and cook for 12 minutes, or until an instant read thermometer registers 150°F. If using thinner chops, it will take much less time.
3. Wearing heavy duty oven gloves and being careful of the hot pan handle, remove from the oven; put the chops on a warm plate and cover to keep warm. Pour the fat out of the pan. Add the Vermouth and lemon juice to the pan. Bring to the boil and reduce by half, stirring to pick up all the browned bits, then pour in the cream. Boil until the sauce coats the back of a spoon. Take it off the heat, whisk in the mustard and add the capers. Taste for seasoning.
4. Serve the chops with the sauce spooned over the top. Garnish with some minced parsley if available.

- 1 tablespoon olive oil
- salt and pepper
- 24 ounces pork chops, about 8-9 ounces each
- 9 1/2 ounces vermouth
- 2 teaspoons fresh lemon juice
- 9 ounces heavy cream
- 1 1/2 teaspoons Dijon mustard
- 2 tablespoons capers, well rinsed of salt or brine
- Chopped Italian parsley for garnish

Per Serving (excluding unknown items): 572 Calories; 40g Fat (68.0% calories from fat); 37g Protein; 5g Carbohydrate; trace Dietary Fiber; 172mg Cholesterol; 251mg Sodium; 3g Total Sugars; 2mcg Vitamin D; 61mg Calcium; 2mg Iron; 748mg Potassium; 448mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com