

Pork Chops with Apple Cider Sauce

Sauce: America's Test Kitchen



32 ounces boneless pork top loin chops, 4 chops, about 1 1/2 inches thick

Salt & pepper to taste

APPLE CIDER SAUCE:

1 1/2 cups apple cider, or apple juice

1 cup low-sodium chicken broth

2 teaspoons cider vinegar

1 whole cinnamon stick

4 tablespoons unsalted butter, cut into 4 pices

2 large shallots, minced, about 1/2 cup

1 whole tart apple, Granny Smith, peeled, cored, sliced

1/4 cup Calvados, or apple flavored brandy

1 teaspoon fresh thyme, minced

Salt and pepper to taste

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

Servings: 4

You might want to thicken the sauce more than the recipe indicates - use a tablespoon of cornstarch and a bit of water. Heat through until thickened.

1. Brine the pork chops with a mixture of your choice.
2. Combine cider, chicken broth, and cinnamon stick in a medium saucepan. Simmer over medium-high heat until the liquid is reduced to one cup, about 10-15 minutes. Remove cinnamon stick and discard. Set aside.
3. Preheat oven to 425. Drain brine from pork chops, dry thoroughly, then season pork chops with pepper. Heat a heavy saute pan and add about 1 tablespoon of olive oil to pan. Quickly sear both sides of the pork until caramelized and golden brown. Remove chops to a heatproof pan, insert meat thermometer and bake until the pork reaches 145 degrees F. Remove from oven and loosely place a piece of foil over the top while finishing the sauce.
4. While pork is baking, in the same skillet you seared the pork, add a tablespoon of butter. Heat under medium-high heat, and when it's melted and foam subsides, add shallots and apple. Cook, stirring occasionally until softened and beginning to brown. Remove from heat and add the Calvados. Return to heat and cook about one minute, scraping bottom of pan with a wooden spoon to loosen browned bits. Add the reduced cider mixture and simmer until thickened slightly, and reduced to about 1 1/4 cups, about 3-5 minutes. Off heat whisk in remaining 3 tablespoons of butter, and adjust seasonings with salt and pepper.
5. Pour sauce with apples over each piece of pork and serve immediately.

Per Serving (excluding unknown items): 478 Calories; 22g Fat (44.3% calories from fat); 44g Protein; 19g Carbohydrate; 3g Dietary Fiber; 133mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 1 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.