

## Stuffed Pork Chops with Cabernet Mushroom Sauce

Carolyn T's  
Main Cookbook

Servings: 4

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*Notes: This may also be made with a pork loin roast - cut a slit into the middle, push in the stuffing, brown several sides of the roast, then roast in 350 oven until the internal temp reaches 155.*

*Description: Delish stuffing for double-thick pork chops.*

**40 ounces pork chops (double thick, about 10 ounces each, bone-in preferably)**

**Salt and pepper to taste**

**STUFFING:**

**1/2 pound Italian sausage, either sweet or hot**

**2 tablespoons sun-dried tomatoes, minced**

**2 tablespoons pine nuts, toasted**

**1 tablespoon kalamata olives, minced**

**1 teaspoon Italian parsley, minced**

**1/4 cup Parmesan cheese**

**PAN SAUCE:**

**2 ounces olive oil**

**Salt and pepper to taste**

**1 large shallot, minced**

**1 cup mushrooms, sliced**

**1/2 cup red wine**

**1 1/2 cups low sodium beef broth**

**1 tablespoon butter**

**1 tablespoon all-purpose flour**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

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*Per Serving (excluding unknown items): 899 Calories; 67g Fat (69.7% calories from fat); 60g Protein; 6g Carbohydrate; 1g Dietary Fiber; 194mg Cholesterol; 775mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 8 1/2 Fat.*

1. Combine the stuffing ingredients and mix well.

2. Divide the stuffing into four equal portions. With a sharp, pointed knife, cut a small slit in the pork chop. Then using the pointed end, make a pocket in the chop, without cutting through the outer edge. The slit should be about an inch wide, but the interior pocket will be larger and wider. You only want the slit large enough to get the stuffing inside. Press the stuffing into the pocket.

3. Preheat the oven to 350.

4. Heat a large saute pan with oil, over medium heat and season the pork chops with salt and pepper. Brown the chops for 2-3 minutes per side, until golden brown. Place chops in a different roasting pan/dish.

5. Roast the chops in the oven until the internal temp reaches 155.

6. Meanwhile, pour out all but a tablespoon of the fat in the saute pan. Add the mushrooms and shallots and saute for about 3-4 minutes. Add the wine and simmer at a fairly high bubble until the mixture has reduced by about half.

7. Add the low-sodium beef broth and simmer for 5 minutes. Combine in a small dish the butter and flour (that's a buerre manie). Add a bit of it to the sauce. It will thicken quickly. Use more as needed. Taste for seasoning and serve over the chops.