

SMOTHERED PORK CHOPS #2

SOURCE: STAFFMEALS AT CHANTERELLE (Chef David Waltuck)

INGREDIENTS:

3 TBS olive oil
4 center-cut pork chops (8-10 oz each), trimmed of fat
2 medium onions, sliced lengthwise
1 heaping TBS all-purpose flour
2 C chicken stock OR canned low-sodium chicken broth (more if needed)
1/2 C dry white wine
1 bay leaf
1/4 tsp dried thyme leaves
Coarse (Kosher) salt + freshly ground black pepper, to taste
1 TBS Balsamic vinegar

DIRECTIONS:

Heat oil in large, heavy skillet over medium-high heat – add chops - sauté till well browned on both sides (about 5 minutes/side) – remove to platter - set aside.

Reduce heat to medium – add sliced onions to drippings in skillet – sauté, stirring occasionally, till tender and browned (about 10 minutes) – sprinkle onions with flour – cook, stirring constantly, till flour is slightly browned but not burned (about 3 minutes) – add 2 C chicken stock, wine, bay leaf, thyme, salt + pepper – bring to boil over medium-high heat, scraping up any browned bits stuck to skillet bottom – return chops to skillet, spooning sauce over them – reduce heat so sauce is just barely simmering – cover/cook till chops are cooked through (1-1.5 hours). Check chops during cooking – if liquid level seems low, add more stock to keep chops from sticking.

Remove skillet from heat – discard bay leaf – add vinegar – taste and adjust seasoning – serve from skillet or transfer chops to platter and spoon sauce over them.

Serves: 4