

Idiot's Kitchen Recipe – Balsamic Glazed Pork Chops

Recipe from www.idiotskitchen.com – Adapted from Gourmet Today



Ingredients:

2 center cut pork loin chops about ¾ inch thick, bone in
5-10 medium shallots (the original recipe calls for 5 but I would double it)
1-2 Tablespoons olive oil
1/3 cup balsamic vinegar
1 teaspoon sugar
Salt & Pepper

Cut the shallots in quarters leaving the root end intact. Peel off the outer brown skin over the root to hold the quartered shallot together.

Pat the pork chops dry with a paper towel and season both sides with salt & pepper. Heat 1-2 Tablespoons of olive oil in a large pan over medium high heat. Add the pork chops and shallots to the pan. Brown the chops on both sides – about 3-5 minutes per side – and stir the shallots so that they caramelize.

When the chops are browned, remove them from the pan but leave the shallots. Add 1/3 cup of balsamic vinegar and 1 teaspoon sugar. Cook for 1 minute so that the vinegar starts to thicken and the sugar dissolves. Return the chops and any accumulated juices to the pan, turn the chops to coat both sides in the vinegar, reduce the heat to low, cover and cook for 5-10 minutes until the pork has cooked through. Turn the chops once while cooking.

When the pork has cooked through, if the sauce still needs thickening, remove the pork chops, raise the heat to medium and cook the sauce 1-2 minutes longer.

Serve the pork chops with a small side of the caramelized shallots and a generous serving of the balsamic glaze.

Serves 2 but can easily be expanded.