

Idiot's Kitchen Recipe – Maple Braised Pork Chops

Recipe from www.idiotskitchen.com – Adapted from Williams-Sonoma *One Pot of the Day* Cookbook



Ingredients:

2 bone-in, center cut pork chops each at least 1- 1 ½ inches thick

¼ cup flour

2-3 Tablespoons olive oil

1 small onion, finely chopped

1-2 cloves garlic, finely chopped

2 teaspoons chili powder

½ cup chicken broth, preferably low sodium

½ cup pure maple syrup

3 Tablespoons apple cider vinegar

2 Tablespoons Worcestershire sauce

Chopped fresh parsley or chives for garnish

Salt & Pepper

Choose nice thick, bone- in, center cut pork chops that are at least 1 inch thick. Dry the chops off with a paper towel and season both sides with salt & pepper. Put ¼ cup flour in a shallow dish and dredge the chops on both sides, gently shaking off any excess flour.

Heat 2-3 Tablespoons of olive oil over medium high heat in a large skillet. Add the chops to the hot oil and brown them on both sides – about 3 minutes per side. When the chops are golden brown, remove them to a plate and set aside.

Add 1 small, finely chopped onion, 1-2 cloves of finely chopped garlic, and 2 teaspoons of chili powder to the pan. Stir to combine and sauté about 1 minute until very fragrant. Pour in ½ cup of chicken broth and ½ cup of pure maple syrup and stir to scrape any browned bits from the bottom of the pan. Add 3 Tablespoons of apple cider vinegar and 2 Tablespoons of Worcestershire sauce. Bring the pan to a boil, return the chops to the pan, reduce the heat to low, cover and simmer for 1 hour.

Turn the chops occasionally during cooking to coat both sides in sauce. If your chops are especially thick, you might need to add up to an additional 30 minutes of cooking time. The chops are done when the pork is tender and the sauce has thickened. To avoid drying out the pork, if the sauce is still on the thin side after an hour, remove the chops and increase the heat of the sauce to medium high and cook, uncovered 3-5 more minutes until thick and syrupy.

Spoon the sauce over the chops and garnish with a bit of fresh parsley or chopped chives.

Serves 2 but can easily be doubled.