

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Raspberry-Glazed Pork Chops with Pickled Onions

Prep Time: 20 mins Cook Time: 11 mins

Rest Time: 2 h

Total Time: 2 h 31 mins

Ingredients

- 4 cup(s) water, cold
- 2 small onion(s), thinly sliced and separated into rings, divided
- 1/2 cup(s) maple syrup, divided
- 1/4 cup(s) salt, Kosher, plus 1/4 teaspoon, divided
- 1 piece(s) bay leaf
- 1 clove(s) garlic, crushed
- 4 piece(s) pork, chops, center-cut loin, bone-in, 1/2-3/4 inch thick (1 1/2-1 3/4 pounds)
- 1/4 cup(s) vinegar, raspberry wine, or red-wine vinegar
- 2 teaspoon thyme leaves, divided
- 1/4 teaspoon pepper, black, coarsely ground, plus more to taste
- 3 cup(s) raspberries, divided
- 1/2 cup(s) wine, white
- 1 tablespoon vinegar, balsamic
- 1 tablespoon oil, olive, extra virgin

Preparation

- 1. Combine water, 2/3 cup onions, 1/4 cup maple syrup, 1/4 cup salt, bay leaf and garlic in a large bowl or large sealable plastic bag. Add pork chops; turn to combine. (If brining in a bag, place the bag in a large bowl.) Marinate in the refrigerator, turning the meat once or twice, for 2 to 8 hours.
- 2. Whisk raspberry (or red-wine) vinegar, 2 tablespoons maple syrup, 1 teaspoon thyme, 1/8 teaspoon salt and pepper together in a medium bowl. Add 2/3 cup onions; toss to coat well. Refrigerate, stirring once or twice, while the pork is brining.
- 3. About 15 minutes before you're ready to cook the pork chops, combine 1 1/2 cups raspberries, the remaining 2/3 cup onions, wine, 2 tablespoons maple syrup, balsamic vinegar and 1/4 teaspoon pepper in a blender or food processor. Blend or process until pureed. Pour the sauce through a fine-mesh sieve into a small bowl; stir and press on the solids to extract all the sauce. Stir in the remaining 1 teaspoon thyme.
- 4. Remove the pork chops from the brine and pat dry. (Discard brine.) Sprinkle both sides with the remaining 1/8 teaspoon salt and a generous grinding of pepper.

- 5. Place a large cast-iron or heavy-bottomed skillet over medium-high heat until hot enough to sizzle a drop of water on contact. Add oil and tilt the pan to coat the surface. Add the pork chops and cook until browned, 2 to 3 minutes per side. Transfer the chops to a plate; tent with foil to keep warm.
- 6. Reduce heat to medium, add the raspberry sauce and boil, stirring constantly, until the sauce is reduced by half, about 3 minutes. Taste and add 1 to 2 tablespoons maple syrup if the sauce is too tart.
- 7. Return the chops and any accumulated juices to the pan and cook on medium heat, turning the chops to coat with the sauce, until they register 145°F on an instant-read thermometer, 1 to 2 minutes.
- 8. Drain the pickled onions (discard the pickling mixture or save for another use). Gently toss with the remaining 1 1/2 cups raspberries. Serve the chops with the pan sauce and top with the pickled onions and raspberries.

