

Stuffed Pork chops with Pomegranate maple glaze

Serves 6

Ingredients:

Rib loin pork chops 1 ½” thick	6	Promagranate maple glaze Maple syrup 75ml Pomegranate molasses 45ml
Porcini mushrooms,dried,soaked	28g	
Avocado oil or peanut oil	22.5ml(1 ½ TBSP)	
Shallots,minced	45ml (3 TBSP)	
Garlic, crushed	2 cloves	
Fresh sage,minced	15ml (1 TBSP)	
Fresh thyme, minced	15ml (1 TBSP)	
Bred crumbs	180ml (¾ cup)	
Salt and pepper	TT	

Method:

1. Cut a large horizontal pocket into each pork chop.
2. Drain the soaked porcini mushrooms or use fresh shitake mushrooms. Pat dry and chop fine. Heat up frying pan to medium heat and cook mushrooms, shallots, garlic for about 3 to 5 minutes until shallots are soft and not burnt.
3. Add sage, thyme, breadcrumbs, season with salt and pepper to taste. Cook for another minute and let cool.
4. Spoon the stuffing into the pockets of the 6 chops. Season both sides of the chops with salt and pepper or alternate low sodium herb mix.
5. Saute the pork chops on medium high heat for about 2 minutes per side until golden brown.
6. Brush both sides of the chops with pomegranate maple glaze.
7. Transfer to a baking pan lined with parchment paper and place in oven.



Preheat oven: Bake at 375 F (190 C)

Bake pork chops in oven for 18 to 20 minutes

Brush chops with the glaze every 5 minutes while its roasting in the oven. Remaining glaze can be boiled down in a saute pan until it is reduced to about 2 TBSP.

Remove the pork chops from the oven and brush with the thickened glaze before serving. Serve immediately.