

Pan-Roasted Pork Chop with Blueberry-Shallot Sauce

Nadia Zane, MG

Serves 4

4 bone-in pork chops
salt and pepper to taste
2 tsp. grape seed oil
2 cups fresh blueberries
1 shallot, peeled and minced
1 Tbs. sugar
1/2 Tbs. white balsamic vinegar
zest and juice of 1 lemon
4 Tbs. unsalted butter

The temperature of 275° may seem low, but meat reaches the correct internal temperature and tenderness with this low, slow-cooking method.

1. Place pork chops on a rack over a foil-lined pan and let rest at room temperature for 30 minutes.
2. Preheat oven to 275° F. Sprinkle pork chops generously with salt and pepper. Insert a probe thermometer into the center of one of the chops. Bake for 45 minutes to an hour, or until the internal temperature reaches 135°.
3. Cover with foil and let rest at room temperature for 15 minutes, as the inner temperature rises to 145° F. You can bake the pork for more or less time, depending on your desired doneness.
4. Heat a sauté pan over high heat. Add grape seed oil and sear pork chops for 1-2 minutes on each side, or until deeply caramelized. Set aside and keep warm.
5. Drain off excess fat from pan and reduce heat to medium. Add 3 tablespoons of butter and heat until melted. Add shallots and coat with butter; add blueberries, lemon zest, and cook until the butter starts to brown slightly.
6. Add sugar, white balsamic vinegar, and lemon juice. Cook until blueberries release their color and the mixture thickens slightly.
7. Remove from heat, add remaining tablespoon of butter, and season to taste with salt and pepper. Pour over the pork chops and serve.