Pan-Seared Pork Chops with Multi-Colored Peppers

Recipe by: Nina Simonds



Ingredients

6 bone-in pork chops, about 3 ½ pounds

3 tablespoons soy sauce

6 garlic cloves, smashed and peeled

2 medium onions, ends trimmed and peeled

1 red bell pepper, cored and seeded

1 orange bell pepper, cored and seeded

2 ½ tablespoons olive or canola oil

1 teaspoon hot chili paste (optional)

2 1/2 tablespoons minced fresh ginger

2 tablespoons rice wine or sake

Braising Mixture:

2 cups chicken broth, preferably low-sodium

1/4 cup rice wine or sake

5 ½ tablespoons oyster sauce

2 teaspoons sugar

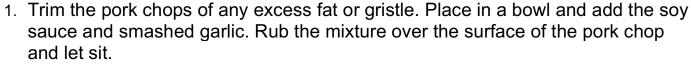
2 tablespoons fresh lemon juice

½ pound snow or snap peas, ends snapped and veiny strings removed

1 $\frac{1}{2}$ tablespoons cornstarch mixed with 3 tablespoons water

(4 to 6 servings)

Directions



- 2. Cut the onions and peppers into thin, julienne strips.
- 3. Heat a large casserole or Dutch oven with lid and 1 ½ tablespoons of oil over medium-high until very hot, about 30 seconds. Drain the pork chops, reserving the marinade, and fry the pork chops, if necessary in 2 batches, on each side until golden brown, about 2 or 3 minutes on each side. Remove with a slotted spoon and drain.
- 4. Reheat the pan and oil until hot, about 30 seconds. Add the ginger, chili paste, onions and stir-fry over medium-high heat for a few minutes. Add the reserved marinade and continue cooking for about another minute. Add peppers, the 2 tablespoons of rice wine, partially cover, and cook about 5 minutes until tender.
- 5. Add the braising mixture to the casserole, stir and bring to a boil. Add the pork chops, reduce the heat to medium-low, and simmer partially covered for about 20 minutes, or until tender.
- 6. Add the snow or snap peas to the pan. Stir, cover, and bring the liquid back to a boil. Slowly add the cornstarch thickener, stirring constantly to prevent lumps. Serve the pork chops with steamed rice, guinoa, or couscous.

