

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 ½ tablespoons minced fresh ginger
 2 tablespoons rice wine or sake

Braising Mixture:

2 cups chicken broth, preferably low- sodium
 ¼ 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 ½ tablespoons cornstarch mixed with 3 tablespoons water

(4 to 6 servings)



Directions

1. Trim the pork chops of any excess fat or gristle. Place in a bowl and add the soy sauce and smashed garlic. Rub the mixture over the surface of the pork chop and let sit.
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, quinoa, or couscous.