

## Braised Apple Cider Pork Chops



### Sirve:

4-6 servings

### Pieza:

Saladmaster Food Processor  
4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)  
3.5 Qt. Double Walled Bowl

**Valora:** ★☆☆☆☆

### Contribuido por:

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### Descripción de la Receta:

Bone-in thick cut pork chops cooked in apple cider become tender and flavorful. Braising is a good way to tenderize meats. This dish requires very little attention during the cooking process.

2 ½ pounds  
bone-in pork chops, cut into thick chops, about 1 ¼ inches  
thick each  
(1.1  
kg)  
salt and fresh ground pepper  
1 medium  
onion, sliced, use Cone #4  
4 cloves  
garlic, peeled and sliced into thin slices  
1 teaspoon  
dried thyme leaves  
(1  
g)  
½ teaspoon  
dried sage leaves, crumbled  
(.5  
g)  
1 ½ cups  
apple cider  
(350  
mL)  
1 tablespoon  
mustard, dijon-style or grainy-style mustard  
(18  
g)  
½ teaspoon  
ground black pepper  
(1  
g)

1 cup  
apples slices, dried  
(86  
g)  
½ cup  
water  
(120  
mL)  
2 tablespoons  
organic corn starch  
(16  
g)  
2 tablespoons  
parsley leaves, fresh chopped  
(8  
g)

### Preparación :

1. Trim pork chops of any excess fat and sprinkle both sides with salt and fresh ground pepper.
2. Preheat mini braiser pan over medium-high heat. When several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes. Add pork chops, pressing down gently with back of spatula.
3. Cook pork chops for 5 - 7 minutes until browned. Turn pork chops over and place cover on pan, slightly ajar. Cook pork chops for 5 - 7 minutes longer to brown. Remove pork chops to a clean plate.
4. Add onion and garlic to braiser. Stir to combine and sauté until brown, approximately 4 - 5 minutes.
5. Add thyme and sage leaves. Stir to combine.
6. Place pork chops back in pan with any juices that have accumulated on the plate.
7. Combine apple cider and mustard in a small bowl and pour over pork chops.
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9. Place cover on pan. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 2 hours until pork is cooked through and tender.
10. In a small bowl, thoroughly combine water and cornstarch. Set aside.
11. Remove cover and turn heat to medium. Add dry apples and stir into liquid. Cook for an additional 15 minutes until liquid is reduced slightly.
12. Remove pork chops from pan to a clean serving dish. Keep warm.
13. Add cornstarch and water mixture to liquid in pan. Cook for 15 minutes until sauce is thickened, stirring occasionally.
14. Add chopped parsley to pan and taste sauce. Adjusting seasonings as needed.
15. Add pork chops back into pan with sauce and serve.

### Consejos:

- Serve Braised Pork Chops with mashed potatoes, mashed cauliflower or rice.

### Información nutricional por ración

Calorías: 312  
Grasa Total: 7g  
Grasa Saturada: 2g  
Colesterol: 130mg  
Sodio: 547mg  
Carbohidratos: 16g

<b>Fibra</b>	2g
<b>Dietética:</b>	
<b>Azúcar:</b>	9g
<b>Proteína:</b>	42g

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