

PORTUGUESE CHOPS

Time: 20 minutes (plus overnight marinating)

Serves: 4

Ingredients:

¼ cup white wine
¼ cup wine vinegar
1 tablespoon fresh lemon juice
1 clove garlic – finely chopped or crushed
1 teaspoon crushed red chili pepper
1 teaspoon paprika
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 tablespoon olive oil
4 bone-in pork chops – 4 ounces each

Preparation:

In a small bowl, mix the wine, vinegar, lemon juice, garlic, chili pepper, paprika, salt and black pepper.

Place the pork chops in a heavy zipper seal bag and pour in the marinade. Move the chops around to ensure they are all coated, then remove the air from the bag, seal and place in the refrigerator overnight.

After the chops have marinated overnight, remove them from the marinade, but do not discard the marinade. Preheat a heavy cast pan on medium heat, add the olive oil and cook the chops for five minutes on each side.

Remove the chops from the pan and place on serving plates.

Pour the remaining marinade into the pan and simmer for five minutes, whisking occasionally to reduce and thicken it. Spoon the sauce over the chops and serve immediately.

Nutritional Information Per Serving:

Calories: 239
Fat: 14g
Carbs: 0.6g
Fibre: 0g
Protein: 24g