

SOUS VIDE PORK CHOPS

Time: 60 minutes

Serves: 4

Ingredients:

1kg boneless pork loin or sirloin chops (typically four)
10g salt
2 sprigs fresh rosemary
12 sprigs fresh thyme
60g butter

Preparation:

Preheat a water bath to 60C.

Sprinkle the salt evenly on both sides of the chops.

Place the chops in a vacuum (or zipper seal) bag in a single layer, placing the herbs across the chops.

Vacuum seal (or remove as much air as possible and seal) the bag and place in the water bath for thirty minutes.

Remove the chops from the bag and pat dry with a paper towel.

Preheat a cast iron or other heavy frying pan on medium-high heat. Add half the butter.

Sear two of the chops until nicely browned (approximately 45 seconds per side) then add the remaining butter and repeat for the other two chops.

Serve immediately.

Nutritional Information Per Serving:

Calories: 317	Hand-Size Portion Guide
Fat: 8.6g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 56g	Thumbs of fat: 0