

Balsamic Pork Chops

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An oh-so-simple pork dish that makes a perfect dinner dish any night. Tender pork chops are browned, and simmered in a delicate balsamic vinegar glaze. Aromatic garlic and rosemary make this dish a savory and delicious addition to any meal.

Ingredients:

3 Tbsp flour
1 tsp fresh rosemary, minced
½ tsp salt
½ tsp pepper
6 (¾ inch thick) boneless pork chops
2 Tbsp butter
2 Tbsp olive oil
2 garlic cloves, minced
1 (14.5 oz) can chicken broth
1/3 c. balsamic vinegar
fresh rosemary for garnish

Directions:

1. In shallow container combine flour, rosemary, salt and pepper. Dredge pork chops in flour mixture and set aside.
2. In large skillet melt butter over medium-high heat. Add garlic and saute 1 minute until aromatic. Add pork chops, and cook 4 minutes on either side, or until golden brown. remove pork chops and set aside.
3. Deglaze pan with broth, and add vinegar. Simmer 6 minutes, or until liquid is reduced by half. Return pork chops to pan, and cook 5 minutes more or until cooked through. Garnish with fresh rosemary.

Serve hot over wild rice or brown rice.

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