

Pork Chops, Sage and Mushrooms

I've always found pork chops to be rather dull and uninteresting. This is a very old standard (for us), however, which I have finally got round firstly, to figuring out how to cook properly and secondly, to documenting. It makes a very good midweek meal.

If you are desperate for a healthier version, you can leave out the sour cream - it still tastes good but misses out on that little special touch. Please resist using a dehydrated chicken stock cube but those little jelly jobs in pots are just about acceptable, if you don't have home made chicken stock available.

Planning

serves:	2
prep time:	15 mins
cooking time:	45 mins

Ingredients

2 large, free range pork chops
half a bunch (10-15g) fresh sage leaves, coarsely chopped
25g butter
1 large onion, peeled and chopped
250g chestnut mushrooms, brushed clean & quartered
250ml chicken stock
75ml soured cream
Salt & pepper

Method

Pat the pork dry of any surface moisture and sprinkle both sides of each with the chopped sage leaves. Season both sides of the chops further with freshly ground black pepper and salt. (Be careful how much salt you add if you are using stock jelly jobs.) Melt the butter over moderate heat in a sauté pan and add the pork chops to the pan. Brown the chops lightly on both sides. Remove the chops from the pan and set aside on a plate.

Add the chopped onion to the same sauté pan and stir round to deglaze. Cook until the onion is soft and translucent. Add the quartered mushrooms and cook for 3 mins or so, stirring occasionally.

Move the veggie mixture to the sides of the pan and snuggle the chops back in to the middle of the pan. Meat juices will have accumulated on the plate used to reserve the chops - add it to the pan along with the 250ml chicken stock. Bring to a gentle simmer and cook uncovered for about 40 minutes by which time the liquid will have reduced a little. Stir in the soured cream - a tad awkward with a pan full of pork chop :) - and simmer for another couple of minutes.

Serve this with a green vegetable, such as steamed savoy cabbage or tenderstem broccoli.