

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Pork Chops in Warm Cherry Sauce

- 4 Bone-in center-cut pork chops (about 5 oz each)
- 1/4 Tsp salt
- 1/8 Tsp ground black pepper
- Tsp olive oil, divided into $1\frac{1}{2}$ tsp and $\frac{1}{2}$ tsp portions
- 1 Cup onion, diced
- 1 Cup dry red wine
- 1 Tsp dried tarragon
- 1 Cup dried cherries, either sweet

Bing or tart (or substitute another dried fruit such as raisins, figs, or prunes)

- 1) Trim visible fat from pork chops. Sprinkle with salt and pepper.
- 2) In a large nonstick pan, warm 1½ teaspoons of oil over high heat. When pan is hot, brown chops on both sides, about 2 minutes per side. Remove chops from pan. Set aside.
- 3) Over medium heat, add remaining $\frac{1}{2}$ teaspoon of oil and diced onion. Cook and stir until onion softens, about 5 minutes.
- 4) Add red wine. Cook and stir 1 minute to loosen the flavorful brown bits and mix them into the sauce.
- 5) Add tarragon and cherries. Cook and stir 1 minute to blend.
- 6) Return pork chops and any juices to pan. Cover. Simmer 9 minutes to thicken sauce and until pork chops are fully cooked (to a minimum internal temperature of 160 °F).
- 7) Serve immediately.

Makes 4 Servings