

YIELD: 4

Braised Pork Chops (with Onions & Ale)

Braised pork loin chops in sweet Belgian beer (or apple cider) and onions. Consider adding dried figs to the braising liquid to impart deeper sweetness. The flavors are rounded off in the end by adding some vinegar or mustard or both, just after the sauce is thickened with a slurry.

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	35 minutes	45 minutes

Ingredients

PORK CHOPS

- 4 pork loin chops, 1 inch thick
- salt & pepper to taste
- 2 tbsp flour
- 2 tbsp butter
- 1 tbsp cooking oil
- 2-3 onions, thinly sliced
- 1/2 cup dried figs (thinly sliced) OR 2 tbsp brown sugar*
- 1 tsp dried or fresh thyme (picked leaves only)
- 1 cup pale Belgian ale** (such as trippel, Belgian strong or saison)
- 1/2 tbsp corn starch + 1 tbsp cold water mixed together (slurry)
- 1/2 to 1 tsp white wine or apple cider vinegar

Brine*** (Optional but highly recommended)

- 4 cups water
- 1/2 cup brown sugar
- 2 tsp kosher salt (heaping)

Instructions

BRINE

Prepare a brine (optional) by bringing the water to a boil and stirring in the sugar and salt. Remove from heat and add about 2 cups of ice to the liquid. Place chops in it. Brine refrigerated for 2 to 12 hours.

1. When ready to cook, pat dry the pork chops and generously season on both sides with salt and pepper. Dredge each one in flour, shake off excess and set aside.
2. Over high heat heat a heavy bottomed skillet, melt butter, add cooking oil and sear the floured pork chops for 3-4 mins per side. Remove them from the skillet, set aside and lower the heat to medium.
3. Add the sliced onions, figs, thyme and salt and pepper to taste to the skillet. Stir nicely and let cook down for about 8-10 mins.
4. Deglaze the skillet with just a bit of the beer at first, scraping off brown bits from the bottom. Then add all the beer and stir everything together.
5. Place the pork chops on top of the onions, cover and simmer on medium for 10 to 12 mins or until the internal temperature of the chops reaches 145 F and the chops are springy when pressed upon. *Be careful to not overcook them - they will become tough.*
6. Move the cooked pork chops to a serving dish. Add the slurry to the braising liquid and onions and stir to thicken. Add about 1 tbsp of butter to create a silkier sauce (optional).
Remove from the heat and add vinegar or stir in some Dijon mustard (optional).
Smother the chops in the serving dish with the onions and the gravy **or** simply add back the pork chops to the skillet, cover with gravy and serve.

Notes

*The figs melt into the braising liquid and infuse it with their concentrated sweetness. If you don't have any handy add the brown sugar instead.

**You can substitute with cider, but in that case substitute the figs with a sliced apple. Do not add any sugar when using cider. You could also use beef stock and mushrooms as a substitute combo.

***Brining the pork chops ensures that the meat remains moist during the cooking process and is more tender.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 494 TOTAL FAT: 27g SATURATED FAT: 9g TRANS FAT: 0g

UNSATURATED FAT: 14g CHOLESTEROL: 117mg SODIUM: 1391mg CARBOHYDRATES: 41g FIBER: 1g SUGAR: 25g
PROTEIN: 36g



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