

Pork Loin Chops with Cranberry-Peach Chutney



Ingredients

4 pork loin centre chops, boneless, 1-inch / 2.5 cm thick
Salt and ground black pepper
1 Tbsp / 15 mL canola oil

Cranberry-Peach Chutney:

4 tsp / 20 mL canola oil
2 cloves garlic, minced
¼ cup / 50 mL chopped red onion
1 cup / 250 mL whole berry cranberry sauce
2 Tbsp / 30 mL brown sugar
½ tsp / 2 mL EACH ground cinnamon and ground nutmeg
3 Tbsp / 45 mL apple cider vinegar
2 Tbsp / 30 mL grated ginger root
½ tsp / 2 mL EACH salt and ground black pepper
1 large peach, pitted and cut into slices

Directions

1. Preheat oven to 400°F.
2. Season chops with salt and pepper. In cast iron skillet, heat oil over medium-high heat.
3. Sear chops, about 2-3 minutes per side. Transfer skillet to oven. Cook 5-6 minutes per side or until instant-read thermometer registers 155°F.
4. Remove chops from oven onto a clean plate. Tent loosely with foil and allow chops to rest 5 minutes before serving with Cranberry-Peach Chutney.

For the chutney:

1. In small saucepan, heat oil over medium-high heat.
2. Add garlic and onions; sauté until softened, about 5 minutes.
3. Add remaining ingredients, except peaches; simmer, about 3 minutes.

4. Add peaches and simmer for an additional 2-3 minutes, depending on firmness of peach slice.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 30
- **Number of Servings:** 4