


# Pan-Seared Pork Chops with Plum-Madeira Pan Sauce

Serves 4

 **Techniques used:** Browning/Searing; Making Pan Sauce.

Depending on how tart your plums are, you may need to add more or less sugar than the recipe calls for.

- 4 boneless, center-cut pork chops (thin cut, about ¾-inch thick)
- Kosher salt and ground black pepper, to taste
- 3 tablespoons olive oil
- 2 tablespoons minced shallots
- ½ cup Madeira
- ½ cup red wine
- 4 plums, pitted and sliced into wedges
- 2 teaspoons sugar, or to taste
- 2 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons chiffonade of basil

**Instructions:** Season the chops with salt and pepper to taste.

Heat a large frying pan over medium-high heat until hot when you place your hand a few inches above the pan. Add 2 tablespoons of the

oil and heat until shimmering but not smoking. Add the pork chops and sear until a golden-brown crust forms, about 2 minutes on each side. Remove to a plate and cover.

Lower the heat to medium, add the remaining oil and the shallots, and sauté until the shallots are softened, about 2 minutes.

Deglaze the pan with the Madeira, making sure to scrape up all of the browned bits, or fond, on the bottom of the pan. Bring to a simmer and reduce the sauce by half, about 3 minutes. Add red wine, bring to a simmer, and continue to reduce about 5 more minutes. Add the plums and sugar as needed, and cook until the fruit is softened and the flavor has infused the sauce, about 3 minutes. Remove from heat and stir in the cold butter. Season the sauce to taste with salt and pepper, add the pork chops back into the sauce, and put back on low heat. Slowly heat for at least 5 more minutes, until the meat is just cooked through to your liking.

Remove to a platter, and garnish with the basil. Serve immediately.

**Per serving:** 390 calories, 27 g protein, 16 g carbohydrate, 19 g fat (6 g saturated), 94 mg cholesterol, 53 mg sodium, 1 g fiber.