

December 11, 2015

Recipe: Curried Peach Pork

Sauteed Pork Chops in a Curried Ginger Peach Sauce topped with Fresh Peaches

Servings: 4

- 8 pork chops, boneless, 1/2" thick
- 1/8 cup flour
- 1 tablespoon oil
- 1 tablespoon butter
- 1/2 onion, small, chopped
- 1 teaspoon curry powder, mild
- 1/2 teaspoon ginger, ground
- 1 cup chicken broth
- 1/4 teaspoon seasoned salt
- 1 tablespoon lemon juice, fresh
- 1/2 cup peach juice
- 2 peaches, medium, sliced
- 2 tablespoons peach jam
- 2 tablespoons cold water
- 4 teaspoons cornstarch



Wash and dry pork chops. Dredge lightly in flour.

Melt butter and oil in a large saute pan over medium-high heat and cook pork chops, undisturbed, for about 4 to 5 minutes, until nicely browned on bottom. Turn over and cook about 4 to 5 minutes longer until nicely browned on second side. Remove from pan.

Using the same pan, lower heat to medium-low, add diced onions, and cook, stirring occasionally until onions are soft and sweet (about 10 minutes). Add curry powder and powdered ginger and cook one minute longer. Add the chicken broth, seasoned salt, lemon juice, and peach juice. Return pork chops to pan, bring to a simmer, and cook, covered, for 30 minutes. Add sliced peaches and cook, uncovered, for 5 more minutes. Remove pork and peaches and place in their storage containers.

Bring sauce to a boil and add peach jam. Mix cornstarch with the cold water and stir into sauce. Cook until sauce thickens, then cool. Pour sauce over pork and peaches.

Serving Suggestions:
Serve with White Rice