



## Pork Chops with Cherry Sauce

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*serves 4*

1 cup cherries, pitted

3 tablespoons water

1/4 cup dry red wine

2 tablespoons red wine vinegar

3 tablespoons honey

1 teaspoon thyme leaves, chopped

1/2 teaspoon dry mustard

Pinch of salt

4 thick, bone-in loin pork chops

Salt and pepper to taste

1 tablespoon of fat – oil, clarified butter, lard, etc.

Place the cherries into a small pot and pour in the water, red wine, red wine vinegar, honey, thyme, mustard, and a pinch of salt. Bring to simmer and cook for about 10-15 minutes, smashing the cherries with a wooden spoon about half way through, or until the sauce becomes slightly syrupy.

In the meantime, heat a large, heavy skillet over medium high heat until quite hot. Place your fat of choice in the pan, making sure to coat the bottom. Season the pork chops lightly with salt and pepper, reduce the temperature slightly and pan fry them until they reach an internal temperature of 140° F, or are no longer pink in the center or close to the bone, 4 to 5 minutes on each side.

Serve immediately with the cherry sauce.