



Pan Roasted Brined Pork

Preparation Time: 10 mins + 8hrs

Cooking Time: 30 mins

Serves: 2

Difficulty: Easy

INGREDIENTS

½ cup sugar
½ cup salt
2 large sprigs thyme
2 tbsps vegetable oil
½ tspn whole black peppercorns
2 cloves of garlic smashed
2 cloves of garlic sliced
1 tspn juniper berries
3 tbsps butter
2 x 2 inch thick bone in pork chops

Serving Suggestions

- Any of the vegetable dishes would be great with this dish.

DIRECTIONS

1. In a saucepan, bring 2 cups of water to a boil, and add sugar, salt, juniper berries, peppercorns, smashed garlic, and 1 thyme sprig. Stir until sugar and salt are dissolved.
2. Allow to fully cool, place juice and pork chops in a sealable bag. Leave in fridge for 8-12 hours.
3. Preheat oven to 450f/232c
4. Pat dry the pork chops
5. In a heavy oven proof pan, heat oil to medium-high. Place pork chops in pan, cook first side for 3-4 minutes until browned. Turn-over and cook other side for 2 mins or until beginning to brown. Turn over again cooking for 2 mins and repeat the other side or until browned.
6. Place pan in oven and cook for approximately 14 minutes, basting with the juices.
7. Remove from pan and let rest.
8. Remove the oil, and over medium heat add the butter, garlic, and remaining thyme sprig and cook until butter is foamy.
9. Baste the pork chops until a buttery brown then serve.