

Less than 45 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 4 pork chops, on the bone
- 2 Tbsp (30ml) olive oil blend
- Salt and milled pepper
- 1-2 cloves garlic, crushed
- 3 Tbsp (45ml) butter
- 8 sage leaves (or 2 sprigs rosemary or 4 sprigs thyme)

Method:

1. Bring meat to room temperature to ensure even cooking.
2. Snip fat at the base of the pork chops.
3. Brush with oil and season.
4. Heat a heavy-bottomed pan over high heat - you should be able to hold your hand 5cm above it for four seconds.
5. Add chops, apply pressure to the meat using a spatula. (This ensures the whole chop is touching the surface of the pan so that it browns evenly).
6. Flip over after 1½ minutes. Repeat 2-3 times to brown on both sides.
7. Reduce heat and add garlic, butter and sage.
8. Keep basting and rotating chops for 3 minutes or until done.
9. Set meat aside to rest before serving, this allows that residual heat to work its magic and the fibres to relax, giving a more tender, succulent result.
10. Serve with a side of your choice, like sweet potato or regular mash.