



Vermont Maple Syrup Pork Chops

- 1 medium onion
- 4 pork chops
- 2 tablespoons butter
- 1 tablespoon apple cider or white vinegar
- 1 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1/4 cup maple syrup
- 1/4 cup water
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon salt
- 1 tablespoon flour

1. Remove the outer skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water.** Mince onion in a food processor.
2. Melt butter over medium high heat in a large sauté pan. Remove wrapper from pork chops. **Wash hands using soap and warm water.** Add salt to the surface of each pork chop.
3. Add the pork chops to the sauté pan. **Be sure to wash your hands again after handling the raw pork chops.** Brown both sides of the pork chops and place into a 8x11 baking dish.
4. Add the minced onion to the sauté pan in which you browned the pork, and sauté until the onion begins to brown, about 2-3 minutes. Add the vinegar, chili powder, black pepper, maple syrup, water, and Worcestershire sauce to the pan and bring to a boil. Pour this sauce over the pork chops in the baking dish.



5. Preheat oven to 350°F. **Insert the cooking thermometer into the thickest part of the largest pork chop. Bake until the internal temperature reaches 165°F (5-10 minutes, 10-15 minutes for thicker pork chops).**
6. Place the pork chops on a serving platter and loosely tent with foil. Pour the sauce into the saucepan you seared the chops in and whisk in 1 tablespoon flour to thicken the gravy. Remove the foil and add the sauce to the pork chops.

Additional Food Safety Notes Related To This Recipe

- When buying onions in the grocery store, they should be hard with dry papery skins, free of green spots or green leathery areas.
- When buying pork in the grocery store, be sure that there are no broken seals on the package or discoloration on the meat. Check the date on the package to be sure the pork has 2-3 three days of freshness left. Do not buy pork that is older than that.
- Store the pork chops on a clean plate on the bottom shelf of the refrigerator. Check the refrigerator thermometer to be sure the refrigerator is between 35 and 40 degrees F.
- Pork has a recommended storage time of 3 to 5 days in the refrigerator. After 5 days the pork should be thrown into the garbage. Do not use the pork if it is past the expiration date. The expired products should be thrown into the garbage.

Recipe Source

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