

Caramelized Onion, Basil and Red Pepper Pork Chops

2 Servings

| Amount | Size | Description |
|--------|--------|-----------------------------------|
| 2 | 1" | Pork Chops |
| ½ | | Red bell pepper |
| ½ | | Red onion |
| 1 | Tbl | White sugar |
| ¼ | Cup | Chopped basil |
| 6-8 | Clove | Garlic – Not peeled, crushed open |
| | Stalks | Thyme |
| | Slices | Butter |

1. Cut fine julienne strips for red pepper and the onion.
2. Add red peppers and onion to oiled pan add medium heat. Add sugar, salt and pepper. Stir and caramelize. Add drizzle of oil and simmer.
3. When done, add chopped basil for 30 to 60 seconds. Remove from heat and pan.
4. Place a cut vertically on the fat rind of pork chops to keep flat during cooking.
5. Use Old Norse Steak Seasoning to prepare the chops.
6. Break garlic cloves. Place chops in oiled pan with garlic and thyme on top of garlic
7. Add thin sliced butter on top of chops
8. After 3 ½ - 4 minutes, turn chops and place over garlic and thyme.
9. Cook 3 ½ - 4 minutes.
10. Make sure internal temperature is 165 degrees
11. Take chops out and sit them for a few minutes.
12. Place onion and red pepper on plate with chop overlapping.

