

PORK CHOPS WITH ONIONS AND MAPLE

Ingredients

4 boneless pork chops
salt and pepper
olive oil
½ cup of maple syrup Grade B¹
2 teaspoons of maple mustard²
1½ tablespoon of maple vinegare²
2 cloves of garlic, minced
1 large white onion, sliced
1½ tablespoons of Worcestershire sauce

Dry the chops, and salt and pepper them. Sear them rapidly in a little olive oil, and transfer them to an oven-proof dish. Saute the onion in the meat drippings until they begin to brown. Add the rest of the ingredients to deglaze the pan. Immediately pour over the chops. Back in an oven preheated to 350° F. for 10-15 mn or until the pork chops are done. Serves 4.

ACTIVITIES

1. Which other meats could be prepared this way?
2. Where does Worcestershire sauce come from?
3. What herbs could you add to this dish?
4. What does deglaze mean? What ingredient is used in this recipe to deglaze the pan? What else could you use?
5. Search on line to find how many types of maple products and items flavored with maple you can find.

Notes

¹ Industrial maple syrup (Grade 3) is not available in Québec. In the U.S., Grade B can be ordered on line.

² Maple vinegar and mustard can be bought on line. If you can't find them, you can use any vinegar or brown mustard. Add 1 teaspoon of maple syrup for more maple flavor.