

### Pork Chop with Fennel

Show: 📅 Sep 18th

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Ingredients: Serves 4

4 Pork Chops, Large, thick and lean  
1/4 cup Flour, All purpose  
1 Tbls Butter, unsalted  
2 Tbls Olive Oil, Extra Virgin  
3/4 cup Red Wine  
1 Tbls Tomato Paste  
1/8 tsp Sugar  
1 clove Garlic, minced  
3/4 tsp Fennel seeds  
1/2 Lemon, juiced  
Freshly ground black pepper to taste  
Salt to taste (optional)  
2 Tbls Celery Leaves, chopped

Procedure:

Dust the pork chops with flour.

Heat the butter and oil in a large skillet and sauté the chops on both sides until thoroughly cooked. Remove to a warm platter. Add wine to the skillet to deglaze. Stir in tomato paste and sugar.

Add the garlic, fennel seeds, lemon juice, salt and pepper. Reduce the sauce slightly over higher heat stirring constantly. Remove from the heat and return the pork chops to the skillet to bathe in the sauce. Sprinkle on the chopped celery leaves and serve.

Use the same wine you are serving for dinner for the cooking.

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