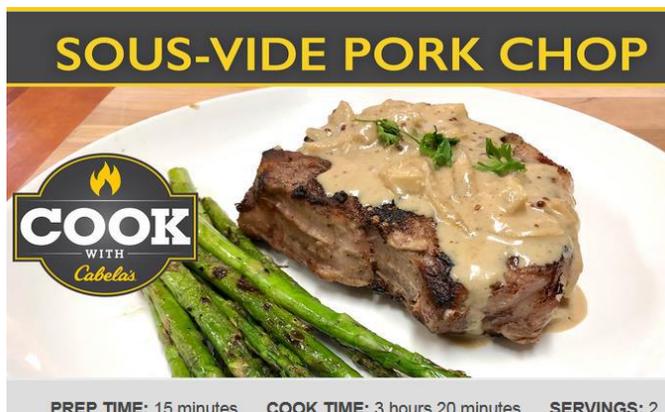


# Sous Vide Pork Chops

Ask people if they have ever heard of “Sous-Vide” and they usually say, “No, I’ve never met a Sue V.” Well, we’re going to introduce you to her! Sous vide is a method of cooking that uses a water bath to bring the temperature of meat to the perfect range. Never overcook steak again with this foolproof method!



## INGREDIENTS

- 2 1" Thick Pork Chops
- 1 tsp Pepper
- 1 tsp Salt
- 2 Garlic Cloves
- 1 tsp Red Pepper
- 2 Garlic Cloves
- 2 Thyme Sprigs
- 1 Tbsp Olive Oil

## Mustard Cream Sauce

- 1 Tbsp Butter
- 1/2 Onion - Thinly Sliced
- 2 Garlic Cloves
- 1/2 Cup White Wine
- 1/4 Cup Reserved Pork Juice
- Dijon Mustard
- 1/2 Cup Heavy Cream

## DIRECTIONS:

1. Prep the pork chops at least 3-6 hours before you plan on serving the meal. Prepare your sous vide for 140 degrees.
2. On a plate, season the pork chops with salt, pepper and red pepper (or cayenne). Flip and season the other side.
3. Get or make a vacuum seal bag large enough to fit both pork chops. If you do not have bags big enough, make 2 bags and place the pork chops in the bag individually.
4. Place the pork chops in the bag along with the garlic and thyme and vacuum seal.
5. Take the vacuum-sealed pork chops and place them in the sous vide and leave them for at least 3 hours but up to 6 hours. Much longer than that the meat can start to break down and develop unwanted texture.
6. Remove them from the bath and cut open the bag. Remove the chops onto a paper towel-lined plate. Make sure to RESERVE the juice from the bag for the sauce later. Take another paper towel and pat the pork chops dry. Lightly re-season the pork chops with salt, pepper and some olive oil.
7. Turn the burners of the grill to high and place a small cast iron pan on one side. To the pan add butter, garlic cloves, and sliced onion. Once caramelization starts to occur, add in the white wine and reduce it by half.
8. Add in the mustard and juice from the sous vide bag and reduce by half.
9. While your sauce is reducing, put the pork chops on the extremely hot grill to sear it. (REMEMBER: sous viding the pork chop does all the cooking for us. All you are looking to do is put a sear on the meat, not cook it.) About 1-2 minutes per side. Remove from the grill and let rest for at least 5 minutes
10. Add the cream to your sauce and reduce until it is thick. About 5 minutes, the same time it takes the meat to rest.
11. Plate your pork chop and pour the mustard cream sauce on top and garnish with parsley.  
MOST IMPORTANTLY.... enjoy!