

PORK CHOPS WITH LEMON



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I made a very garlicky gremolata to go with the rich pork. Served with fluffy sexy mash and steamed carrots.

A simple pork chop recipe from the River Cafe Cook Book. The pork loin is effortlessly seasoned with fresh lemon juice before being roasted to perfection. Grilling the pork chops first gives them an interesting, charred flavour. Roasting the lemon with the chops and squeezing the cooked juices over the meat will result in a delicious lemony sauce to pour over at the end. Pork chops should be cut 3 cm thick.

4 pork loin chops

1 lemon

Preheat an ovenproof griddle pan. Preheat the oven to 200 °C. Season each chop, put on the griddle pan, and seal on each side.

Cut the lemon in half. Heat an oven tray. Put in the chops, squeeze over the lemon juice, and place the squeezed lemon halves in the tray. Roast in the oven for 10 minutes. Press the lemon halves on to the chops and baste with the juice. Roast for another 10 minutes or until firm to the touch.

Photo: Elsie Templeton