

Chef from the Hood Recipes



Chef:

Loreno Orsi, Chef & Owner

Restaurant:

Orsi Restaurant

Recipe:

Costoletto di Maiale!

Orsi's thick cut, pan-seared Pork Chop with fresh Herbs, Artichokes, Capers, Garlic & Tomatoes!

One Serving (*multiply ingredients as needed*): 1 thick-cut, bone-in pork chop (about 14 ounces) seasoned with sea or Kosher salt & fresh ground black pepper. Mince a handful of sage & thyme leaves & just the tip of a sprig of rosemary with 2 cloves garlic. Add enough olive oil to moisten into a paste. Make this herb paste, then coat the chop in it and set aside.

Get out all of these ingredients next (and prep). You'll want them ready to use as the chop cooks in a large sauté pan.

- 3 or 4 cloves of garlic, peeled and left whole
- 1 small whole sprig of fresh rosemary
- Just the tip of a spoonful of a fine minced combo of shallots and garlic
- 1 to 2 tablespoons of peeled & minced (small dice) fresh tomato
- 1/2 to 1 tablespoon of minced sun-dried tomatoes
- about 6 pieces of cooked, quartered, fresh, small artichoke hearts
- 1/2 tablespoon of drained capers
- an open bottle of white wine (you'll splash in about 1 to 2 tablespoons)
- a light-handed squeeze from a fresh lemon (about 1/2 teaspoon juice)
- 1 tablespoon of half & half
- a sprinkling of chopped Italian (flat-leaf) parsley

To cook: Heat a sauté pan coated with olive oil. Drop in the herb coated chop, whole cloves of garlic and rosemary. Keep garlic moving so it does not burn. Turn chop over after 5 or so minutes. If garlic is getting too brown remove and set aside. After chop cooks for a few minutes, add artichokes, capers, all tomatoes, white wine and lemon juice. Raise heat and cook a few minutes, then turn chop over again so that both sides get some time in the sauce. Add the minced garlic/shallots and return the whole cloves to the pan. Chop should spend a total of 11 to 12 minutes in the pan for medium. Remove chop to a warm plate. Stir half & half into the pan with all the vegetables. Reduce over high heat until sauce is like velvet. Pour over chop and sprinkle with Italian parsley.

Bon appetito!