

Sweet and Spicy Seared Pork Chops with Island Slaw

Servings : 4

Amount	Measure	Ingredient - Preparation Method
		slaw
1/2	cup	cider vinegar
2	tablespoons	honey
3	tablespoons	soy sauce
1/2	cup	vegetable oil
1/4	cup	sesame oil
1	tablespoon	crushed red pepper
2	tablespoons	ground cumin
1/4	cup	cilantro - chopped
1/4	cup	scallion - sliced
1		jalapeno - seeded and finely diced
		salt and pepper
1	cup	carrot - julienned
5	cups	red and green cabbage - thinly sliced
1	cup	red pepper - julienned
2	cups	pineapple - diced
3/4	cup	macadamia nut - toasted and chopped
		chops
1/2	cup	hoisin sauce
1/4	cup	soy sauce
2	tablespoons	sesame oil
2	tablespoons	rice vinegar
1	tablespoon	garlic - minced
1	tablespoon	ginger - minced
1/2	teaspoon	red pepper flakes
2		1/2" thick pork chops
1/4	cup	honey
		vegetable oil

Slaw: Whisk together the vinegar, honey and soy sauce. Drizzle the oils in a steady stream, whisking to emulsify. Whisk in the crushed red pepper, cumin, cilantro, scallion, and jalapeno. Season, to taste, with salt and pepper. In a large bowl, combine the carrot, cabbage, red pepper, pineapple, and nuts and mix well. Add dressing to vegetables and mix well. Season, to taste, with salt and pepper.

Place some slaw on a plate. Top with chips and drizzle with reduced marinade.

Chops: Preheat oven to 350. In a large bowl, combine hoison, soy, seasame oil, rice vinegar, garlic, ginger and red pepper flakes. Add pork chops and turn to coat. Remove chops from marinade.

Reserve marinade and combine with honey in a medium saucepan. Bring to a boil, lower the heat and simmer for 10 minutes.

Heat an ovenproof skillet over high heat, coat the bottom with a small amount of vegetable oil and sear the chops until golden brown on both sides, about 4 minutes per side. Pour reduced marinade over the chops and bake for 10 minutes, until 145.

Remove from oven and set aside to rest for a few minutes.