

EAT[®]

The Co-Branders

STORIES FROM THE FRONTLINES
OF OUR FOOD CULTURE RENAISSANCE

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Fall Recipe:
Juicy, Herbed Pork Chops &
Buttery Bourbon Pears

MADE FROM SCRATCH

CHOPS + PEAS

GOOD THINGS COME IN PAIRS - IT'S A YING-YANG THING. JUICY HERBED PORK CHOPS



RECIPES & STYLING

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PHOTOGRAPHY

André Rozon

RS = THE PERFECT PAIR

CHOPS AND BUTTERY BOURBONED-UP PEARS NATURALLY COMPLIMENT EACH OTHER WITH THEIR WICKED RICH SAVOURY 'N SWEET COMBO.

Rosmarino Chops

SERVES 6

A quick herbed-infused brine before cooking adds flavour and keeps chops moist during cooking. Ask your butcher for big thick chops with a generous layer of fat - that's where the flavour is!

2 cups cider vinegar

1 cup brown sugar

3/4 cup kosher salt

10 rosemary sprigs

3 Tbsp peppercorns

3 Tbsp mustard seeds

3 Tbsp fennel seeds

6 star anise

24 ice cubes

6 thick, bone-in, centre-cut pork chops

6-8 cipollini onions, peeled and cut in halves

6 garlic cloves, unpeeled

For the brine, in a large, 12-cup measuring cup, microwave vinegar until hot. Add sugar, salt, 8 of the rosemary sprigs, peppercorns, mustard seeds, fennel and star anise. Stir until sugar and most of the salt dissolve. Rewarm, if necessary.

Once dissolved, stir in ice cubes until melted. Stir in enough cold water so mixture measures about 8 cups total. Let stand for 20 minutes so flavours meld.

Place chops in 2 large plastic bags or large resealable freezer bags. Pour cold brine overtop. Push chops down into marinade, and then squeeze out as much air as possible from bag. Wrap or seal tightly. The point is to squish the meat into the marinade. Place bag in a bowl and refrigerate for 2 hours.

Preheat oven to 400°F. Coat a cast iron frying pan with oil and set over medium-high heat. Add remaining 2 rosemary sprigs, onions and garlic. Stir-fry 1-2 minutes, then place pan in oven. Roast until onions are tender,

about 18-20 minutes. Remove from pan and set aside for later. Wipe clean, and then re-oil.

Once pork has brined for 2 hours, discard marinade and rinse chops. Pat dry with paper towels and then brush with oil. Season meat with salt and pepper. Working in batches, sear chops fat-side down, in cast iron pan set over medium-high heat to render some of the fat. Then sear meaty sides until golden, about 2 minutes per side. Adjust heat as needed.

Place seared chops on a baking sheet and sprinkle cooked rosemary, onion and garlic overtop. Roast at 350°F until chops are just cooked. Aim for 130-140°F on a meat thermometer. Top with slices of Basil and Anchovy Butter and let stand 10 minutes before serving.

Basil and Anchovy Butter Combine 1/2 cup room-temperature, unsalted butter with 1/2 cup chopped fresh basil, 4 minced anchovies, 1 minced garlic clove, 1 Tbsp chopped capers and 1 tsp grated lemon peel. Spoon onto a piece of plastic or parchment and roll into a cylinder. Chill until firm, and then slice into rounds.

Bourbon-Glazed Pears

SERVES 6

These straddle the line of savoury and sweet. Great paired with roasted meats, especially pork, game or duck. Or serve with dollops of yogurt or over vanilla bean ice cream for a wicked dessert.

1/4 cup each honey and bourbon

2 Tbsp butter, melted

1/2 tsp sea salt

3 ripe pears

Fresh thyme sprigs

Stir honey and bourbon with butter and salt. Peel pears, and then cut in half. Don't remove seeds. Place

cut side up in a cast iron pan and drizzle with bourbon mixture. Add thyme. Roast in preheated 475°F oven for 10 minutes, then turn over. Continue to roast just until tender, 8 to 15 more minutes, depending on ripeness of pear.

Squash, Freekeh and Brussels Sprouts

SERVES 6

Freekeh is similar to bulgur, but the flavour is way more complex. Dry-toast the grains before cooking and serve the salad at room temperature.

1 cup freekeh

1 tsp sea salt

2 cups cooked cubed squash

2 cups shredded Brussels sprouts

*1 cup whole Brussels sprouts outer leaves**

2 cups finely shredded purple cabbage

1/3 cup favourite vinaigrette

Place freekeh in a large saucepan and set over medium-high heat. Stir often, until fragrant and toasty, about 3-4 minutes. Add salt and stir in 2 cups water. Bring to a boil, and then reduce heat to low. Cover and simmer until water has been absorbed, about 20-25 minutes. Turn off heat and uncover. Place a clean dish towel over top, and then cover with lid again. Let stand for 10 min. Uncover, and let cool.

Place squash, shredded Brussels sprouts and whole leaves, and purple cabbage in a serving bowl. Add warm freekeh. Drizzle with dressing and toss to mix. Taste and season with salt and pepper.

**Repeatedly trim core and trim the leaves off the Brussels sprouts - to do this you just keeping trimming the core so the leaves easily fall off.*