

thirty acre farm

Pork Loin Chops with a Sage and Fennel Crust

Serves Four

Letting the meat "cure" overnight while coated with a salted herb crust makes the pork juicy.

3 T. Loosely packed medium-finely chopped fresh sage

1 t. Freshly ground fennel seeds

Grated zest of a half of Lemon

1 t. salt

Heaping 1/4 teaspoon freshly ground Black Pepper

6 T. loosely packed medium-finely chopped fresh parsley

4 Boneless Pork Loin Chops (1 Pound total) 1/2 inch thick.

1/4 C. Olive Oil

Using your fingers, thoroughly mix the sage, fennel seeds, lemon zest, salt, and pepper in a shallow baking dish or pie pan. Mix in the parsley. Coat the chops with the herbs Stack the chops and wrap them tightly in plastic wrap. Refrigerate for 12 to 24 hours.

Heat the olive oil in a large (12-inch) skillet set over medium-high heat. When the first wisp of smoke rises from the oil, use tongs to carefully set the chops in a pan in a single layer. (If you need to do this in batches, add more oil to the pan for the second batch and let it get hot.) Cook until the herbs on the bottom turn very deep brown, about 3 minutes. Turn the chops over and cook until the other side is deep brown and the pork is cooked through about 3 minutes. To test for doneness, press with your finger; the meat should be firm. Or cut into chop; the meat should be very light rosy pink and the meat still juicy. It continues to cook slightly as it rests. Transfer to a warm platter and let sit in a warm place for 5 minutes before serving.