

Main Course

Jerk Pork Chop

** Gluten-Free*

This recipe incorporates the deglazing of the pan so it is best to use a stainless steel or iron skillet. The recipe uses an oil and vinegar marinade. To make an oil and vinegar marinade a rule of thumb ratio is three parts oil to one part vinegar.

You'll Need

- 1 pork chop
- Olive oil (approximately 3 teaspoons)
- White wine vinegar (approximately 1 teaspoon)
- Jerk seasoning (to your liking)
- Chicken Stock

Directions

- Marinate pork in olive oil, vinegar, and jerk seasoning for 1 - 3 days.
- After pork chop has finished marinating. Add olive oil to frying pan.
- Once oil has heated, add pork chop and cook on both sides until done.
- Remove pork chop when finished and with heat still on add chicken stock to pan and scrape up pieces that stuck to bottom of pan until liquid becomes somewhat syrupy. Drizzle this liquid on top of pork chop.



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- Add butter to chicken stock to make this deglaze into gravy.
- Top with some freshly ground pepper.

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