

Seasonal Eating



Braised Pork Chops with Turnips and Apples

3-4 boneless pork chops
Salt and pepper
1 tablespoon vegetable oil
2 small to medium turnips, peeled and chopped
1/2 onion, chopped
1 large apple, peeled, cored and chopped
1/2 teaspoon dried thyme
1/2 cup chicken broth
2 teaspoons cornstarch mixed with 2 tablespoons water

Season pork with salt and pepper on both sides. Heat oil in a medium skillet until hot and add pork. Brown on both sides and remove to a plate. Add the turnips and onion and cook for a couple of minutes, adding a little more oil, if necessary. Add the apple, thyme and chicken broth, stirring to combine. Lay the chops over the top. Cover and cook over medium heat until pork is cooked through and the turnips are tender to a fork. Remove the chops to a clean plate. Increase the heat and stir in the cornstarch slurry. Stir and cook until thickened slightly. Adjust seasoning and pour over pork.