

THE RELUCTANT TRADING EXPERIMENT

Fennel Pork Chops

by Sarah Marshall for ReluctantTrading.com



Ingredients

- 4 thick-cut pork chops
- Reluctant Trading [Icelandic Sea Salt](#) and Reluctant Trading [Tellicherry Peppercorns](#)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 tablespoon Reluctant Trading [Whole Fennel Seeds](#)
- 1 cup dry white wine
- 1 medium shallot, $\frac{1}{4}$ inch dice
- 1 tablespoon capers
- $\frac{1}{2}$ a lemon, juiced
- 1 tablespoon chopped parsley

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Preparation

Step 1

Sprinkle both sides of the pork chops with Reluctant Trading Sea Salt and freshly ground Reluctant Trading Tellicherry black pepper.

Step 2

Heat olive oil in a medium skillet (that has a fitted lid), over medium-high heat.

Step 3

Add butter to the skillet. Once the butter begins to melt and bubble, place the pork chops in the pan 1-inch apart. Press lightly with a spatula to create even contact. Let the pork chops brown, by not moving or touching them for 4 minutes.

Step 4

While chops are cooking sprinkle the top with fennel seeds. (it will look like a lot, but trust me, it will taste great). Once browned, flip the chops. Drizzle a splash of olive oil around the outside of the pan.

Step 5

Add the shallots to the pan. Let cook untouched for 3 minutes, until golden.

Step 6

Once browned, flip again. Pour wine into pan, cover and reduce heat. Simmer for 10 minutes.

Step 7

Flip the chops, add the capers, cover, and simmer for another 10 minutes. Remove the chops and let them rest on a plate.

Step 8

Whisk in the lemon juice and reduce the contents in the pan over high heat. Continuously whisk for 5-8 minutes, until sauce is thick and glossy.

Step 9

Plate pork chops, top with sauce, and garnish with parsley.

Yield

4 servings

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Reluctant Resources Used in this Recipe

- [Whole Fennel Seeds](#)
- [Tellicherry Peppercorns](#)
- [Icelandic Sea Salt](#)
- [Pepper Mill](#) or [Mortar & Pestle for Grinding Pepper](#)
- [100 Year Loom Tan Apron](#)
- [Corky Modern Glass Spice Jars](#)
- [Put a Lid on it Stoneware Salt Cellar](#)