

# Read A Line Do A Line Cooking.com

Source: The Spiaggia Cookbook by Tony Manuano

Recipe: Boneless Pork Chop with White Corn Polenta and Broccoli Rabe

## Ingredients:

4 cups Water

¼ cup sugar

¼ cup salt

4 boneless pork loin chops, 5 ounces each

1 bunch broccoli rabe, about 1 pound

4 tablespoons extra-virgin olive oil, plus extra for drizzling

Freshly ground pepper

2 cups chicken stock

1 large sprig fresh rosemary

2 tablespoons butter

1 clove garlic, thinly sliced

## Steps:

In a large saucepan over medium heat, combine the water, sugar, & the ¼ salt. Heat the brine, stirring, until the sugar & salt dissolve. Let cool. Arrange the chops in a baking pan in a single layer & pour the cool brine over. Cover & refrigerate for 24 hours.

Preheat the oven to 425 degrees F.

Trim the broccoli rabe just below the leaves & discard the bottom inch of the stems. Have ready a bowl of ice water. Bring a saucepan of lightly salted water to a boil over high heat. Add the broccoli rabe & blanch for 1 minute.

Drain & plunge into ice water to stop the cooking. Drain & chop into 1-inch pieces. Set aside.

Remove the chops from the brine & pat dry. In a large, ovenproof, nonstick sauté pan, heat 2 tablespoons of the olive oil over medium heat. Season the chops with pepper. When the pan & oil are hot, add the chops & cook for 5 minutes on one side. Turn them over, transfer to the oven, & bake until an instant-read thermometer registers 160 degrees F when inserted into the thickest part, 10-15 minutes. Transfer the chops to a platter, tent with aluminum foil, & keep warm.

Pour off any excess fat from the pan & place over medium-high heat. Add the stock & scrape any browned bits off the bottom of the pan. Add the rosemary, bring to simmer, & cook until reduced by half, about 8 minutes. Remove from the heat, discard the rosemary, & whisk in the butter. Season to taste with sea salt & pepper. Set the sauce aside & keep warm.

In a sauté pan over medium-high heat, heat the remaining 2 tablespoons olive oil. Add the garlic & sauté until lightly browned. Add the blanched broccoli rabe & cook until crisp-tender, about 2 minutes. Season to taste with sea salt & pepper.

To serve, place  $\frac{1}{2}$  cup of the polenta in the center of each of 4 warmed plates. Slice a chop on the diagonal & arrange over the polenta. Arrange one-fourth of the broccoli rabe around the plate & drizzle with olive oil. Repeat to make the remaining 3 servings. Serve immediately.