

Crusted Pork Lion Chops with Caramel Honey and Orange Sauce

For the Pork Loin:

8 6 oz. pork loin chops with bone attached
¼ cup all-purpose flour
3 tbsp paprika
1 tsp ground cumin
2 tsp whole cumin seeds
1½ tsp ground black pepper
¼ cup honey
¼ cup whole grain mustard
½ cup mustard seeds
3 tbsp minced garlic
3 tbsp extra virgin olive oil

For the Sauce:

1 tsp lemon juice
½ cup honey
¾ cup orange juice
1/3 cup dry white wine
1/2 cup low sodium chicken stock
8 tbsp cold butter

To make the Pork Loin:

Preheat the oven to 400 F

Dredge both side of the chop with flour and set aside.

Combine the rest of the ingredients, except the olive oil, in a bowl. A pasty mixture should result. Coat both sides of the chops with this mixture, leaving the edges bare. You may need to press it onto the chop to get it to adhere.

Heat two non-stick pans and add ½ the olive oil to each. Or fry in two batches in one pan.

Sear the chops 1-2 minutes on each side, being careful not to have the pans too hot or the honey in the topping will burn.

Remove the chops and place on an oven-proof dish, sprayed with PAM, and bake for 10-12 minutes

When the chops are still a little soft to the touch when pressed with a finger, remove them from the oven and set aside. They will continue to cook slightly while resting.

To make the Sauce:

In the same pan that the chops were seared in, heat the honey and lemon juice.

Bring to a boil and cook until the honey begins to caramelize, stirring a little to let it colour evenly.

Carefully add the orange juice, then the wine and chicken broth and reduce to an almost syrupy consistency.

On low heat, swirl in the cold butter, then remove the pan from the heat.

Season with salt and pepper and serve immediately drizzled on the chops, or in a separate sauce pitcher

Serves eight.