



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Grilled Pork Chops and Pears with Mustard Cream Sauce

24 Servings

Ingredients

2-1/2 ounces (5 tablespoons) unsalted butter
5 ounces (about 1-1/3 cups) finely chopped shallots
1/3 cup unbleached all-purpose flour
1/3 cup whole-grain mustard
4 cups chicken stock
2 cups heavy cream
1/4 cup coarsely chopped fresh tarragon
24 (6-ounce) boneless pork loin chops
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
24 Pacific Northwest Canned Pears, halves, in juice, drained
24 tarragon sprigs for garnish (optional)

Method

For the Mustard Cream Sauce, melt the butter in a saucepan over medium heat. Add the shallots and sauté until tender and translucent, about 5 minutes.

Add the flour and mustard, reduce the heat to low and cook, stirring often, for 5 minutes. Remove the pan from the heat and add the broth and cream while whisking. Return to low heat and simmer until thickened and bubbly, about 5 minutes. Remove from the heat, add the tarragon and set aside to keep warm.

Preheat a grill or grill pan to medium high. Season the pork chops with salt and pepper and grill (or pan-grill), turning occasionally, until each chop is browned and cooked through, about 8 minutes total or when a thermometer inserted in the thickest part of the chop reads 150 to 155 degrees F. During the last 2 minutes, grill a pear half for each chop, turning once, until browned and heated through.

Place one pork chop and one pear half on each plate, drizzle with about 1/4 cup of the Mustard Cream Sauce, and garnish with a tarragon sprig, if desired.

Servings

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Nutrition

<i>Calories</i>	423
<i>Calories from Fat</i>	212
<i>Fat</i>	23g
<i>Saturated Fat</i>	11g
<i>Cholesterol</i>	127mg
<i>Sodium</i>	497mg
<i>Carbohydrate</i>	17g
<i>Dietary Fiber</i>	1g
<i>Sugar</i>	11g
<i>Protein</i>	36g
<i>Vitamin A</i>	14% DV
<i>Vitamin C</i>	2% DV
<i>Calcium</i>	6% DV
<i>Potassium</i>	16% DV
<i>Iron</i>	8% DV