



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

Grilled Pork Chops and Pears with Mustard Cream Sauce

4 Servings

Ingredients

- 1 tablespoon unsalted butter
- 1/4 cup finely chopped shallots
- 1 tablespoon unbleached all-purpose flour
- 1 tablespoon whole grain mustard
- 3/4 cup chicken broth
- 1/3 cup heavy cream
- 1 tablespoon coarsely chopped fresh tarragon, or 1 teaspoon dried tarragon
- 4 (6-ounce) boneless pork loin chops
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 Pacific Northwest Canned Pears, halves, in juice, drained (one 15-ounce can)
- 4 tarragon sprigs for garnish (optional)

Method

Place a rack 4 inches from the heating element and preheat the broiler to high.

For the Mustard Cream Sauce, melt the butter in a small 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.

Season the pork chops with salt and pepper and place them on a broiling pan with a rack. Broil 5 minutes, turn the chops over, add the pear halves to the pan and broil 5 more minutes, or until an instant read thermometer inserted in the thickest part of the chop reads 150 to 155 degrees F and the pears are heated through.

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

Servings

Makes 4 servings

Nutrition

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