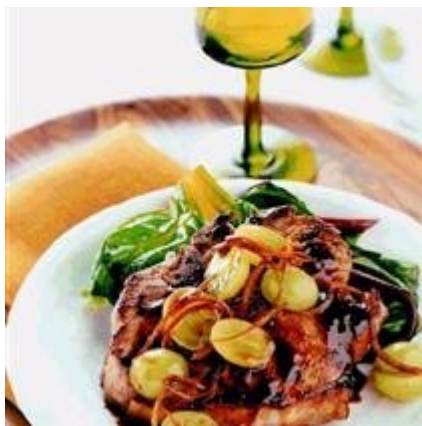


# THE UNDERWEAR GOURMET

## Entree

### Pork chops with an orange marmalade glaze and a green grape sauce



Pork chops turn into a special entree with an orange marmalade glaze and a quick green grape sauce.

The sauce for these pork chops includes orange marmalade, white wine, green grapes and orange zest.

Yield: 4 servings.

#### Ingredients:

- 4 thick-cut pork chops (each about 6 oz.)
- 1/2 cup orange marmalade
- 1/2 cup Riesling or other slightly sweet white wine
- 1/2 tsp. salt
- Pinch ground allspice
- 3 whole cloves
- 1 tbsp. vegetable oil
- 1 cup green seedless grapes, halved
- 2 tbsps. fine strips orange zest

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Procedure:

Place pork chops in a non-metallic dish large enough to hold them in a single layer. In a medium bowl, whisk together marmalade and Riesling. Add salt, allspice and cloves. Pour over pork chops and marinate for at least four hours or overnight in the refrigerator.

In a large skillet, heat oil over medium-high heat. Lift pork chops from marinade and sear in hot oil until they are brown, two to three minutes on each side. Take care that they do not burn.

Pour in half of the marinade and bring to a boil. Reduce heat to low, cover and simmer until pork chops are cooked through, about six minutes more, turning often to prevent scorching.

Remove pork chops to a platter and keep warm. Continue to cook sauce until reduced to a sticky glaze. Add grapes and orange zest, stir well and then spoon over pork chops. Serve immediately.

Nutrients per serving:

373 calories

25g protein

25g carbohydrates

18.5g fat

6g saturated fat

79mg cholesterol

370mg sodium

.96g fibre