

## **MAPLE CIDER CHOPS WITH APPLES**

4		PORK LOIN CHOPS, about ¾" (2cm) thick	4	
		salt, pepper, paprika		
1	Tbsp	canola oil	15	mL
½	cup	apple cider (or apple juice)	125	mL
2	Tbsp	maple syrup	25	mL
1	Tbsp	mustard	15	mL
1		small red skinned apple	1	

Season both sides of chops with salt, pepper and paprika. Heat oil in a large non-stick skillet over medium-high heat. Add chops; cook until lightly browned on both sides. Combine cider, maple syrup and mustard; add to skillet. Bring to a boil, stirring up browned bits. Cover; reduce heat. Simmer, stirring occasionally, about 6 to 8 minutes, turning chops once. Meanwhile, core apple and cut into thin ½" (1.25cm) wedges. Remove chops from skillet and keep warm. Bring sauce to a boil and cook, uncovered, about 2 minutes. Add apple wedges and continue to boil gently, stirring until sauce thickens. Spoon over chops to serve.

YIELD: 4 servings



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