



# Saanich Peninsula pork loin chop

Serves 4 guests



4 each (350grams/12oz each) Pork loin chops bone in  
Olive oil, salt and pepper

## Instructions

Preheat BBQ or grill.

Brush each chop lightly with olive oil and season with salt and pepper.

Grill each chop 7-8 minutes per side.

Check for an internal temperature of 160°F.

Let rest 5 minutes before eating.

## To serve

Place Manchego creamed corn in the center of each plate, and top with grilled pork chop.

Drizzle plate with the peach gastrique, and top with the snap pea-radish slaw.

Feel free to garnish with microgreens and shaved Manchego cheese. If veal reduction is available, please add to the dish for extra depth and richness.

## Snap pea-radish slaw:

Ingredients	Metric	US
Snap peas, julienned	120 grams	1 cup
Radish, thinly sliced	4	4
Rice wine vinegar	15 ml	1 tbsp
Honey	5 ml	1 tsp
Olive oil	15 ml	1 tbsp
Salt and pepper to taste		

Toss peas and radishes in a bowl.

Whisk vinegar, honey, and oil in a separate bowl. Season and drizzle over slaw. Toss to coat.

## Manchego creamed corn:

Ingredients	Metric	US
Ears, kernels removed from cob	6	6
Unsalted butter	30 grams	2 tbsp
Shallot, finely diced	1	1
Garlic clove, minced	1	1
Bacon lardons	65 grams	½ cup
Carrots, diced	40 grams	1/3 cup
Celery, diced	40 grams	1/3 cup
Yukon Gold potatoes, diced and steamed	40 grams	1/3 cup
Whipping cream (33%)	125 ml	½ cup
Manchego cheese, grated	65 grams	½ cup
Salt and white pepper to taste		

In a saucepan over medium heat, melt butter and render bacon, add shallot and sweat until translucent (2-3 minutes).

Add garlic and cook 30 seconds more.

Add carrots and celery and cook more 3 minutes.

Add corn and cook 5 minutes, stirring occasionally.

Add steamed potatoes and cream and simmer for 5 minutes. Remove from heat and fold in Manchego until melted and smooth.

Season with salt and white pepper.

## Peach gastrique:

Ingredients	Metric	US
Ripe peach, peeled and diced	1	1
White balsamic vinegar	125 ml	½ cup
Sugar	30 grams	¼ cup
Lemon juice	5 ml	1 tsp
Pinch of salt		

In a small saucepan, combine peach, vinegar, and sugar. Bring to a simmer and cook until syrupy and peaches have softened (10-12 minutes).

Strain prior to use, and add lemon juice to balance acidity. Cool before use.