

Pyre's Grilled Pork Chops with Rogsted Carrots

Yield: 4 servings

Ingredients

3 T tarragon, chopped

1.5 T rosemary, chopped

1.5 T garlic, chopped

4 T oil (salad or vegetable)

4 pork chops (bone-in preferred)

Salt and pepper to taste

½c Buffalo Trace bourbon (or any good bourbon)

½c sugar

½c water

3 bunches of baby carrots (or about 1 bag), each halved lengthwise

3 cubes of cold butter







Directions

- 1. Mix half of the chopped tarragon with the rosemary and garlic in a bowl with 3T of oil. Rub herb mixture on pork chops, seasoning with salt and pepper on both sides.
- 2. Grill pork chops on a hot grill pan or gas grill for 6 to 8 minutes per side or until an internal temperature of 135 degrees Fahrenheit is reached. Set aside.
- 3. Add the bourbon to a saucepan. Using a lighter, ignite the bourbon. Once the alcohol has burned off, add the water and sugar to the pan, then bring to a boil. Allow mixture to reduce by half or until it reaches a honey-like consistency. Remove from heat and put aside.
- 4. Add remaining tablespoon of oil to a large pan, preferably cast-iron, and bring to temperature over medium heat. Add the carrots and sear lightly, caramelizing them, about 5 minutes.
- 5. Remove carrots and discard oil in the pan. Return the carrots to the pan and add the bourbon syrup mixture, stirring to glaze the carrots.
- 6. Turn off heat and add the butter, stirring until it is incorporated. Add the remaining 1.5T of chopped tarragon.
- 7. Place a pork chop on each plate. Serve a portion of carrots on the side, spooning the bourbon sauce on top.
- 8. Enjoy!

The American Heart Association and Healthier Northshore are working together to address the social determinant of food insecurity on a systematic level by providing fresh food, education and a community of support to keep those without access connected to healthy choices.