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by Mary Santander

Braised Pork Chops

Ingredients

1 kg pork loin - with rack/bones
FOR THE MARINADE:
2 1/4 cup soy sauce
1/2 cup cut garlic - roughly chopped
8 tbsp onion - chopped small
1/2 tbsp freshly ground black peppercorns
4 pcs bay leaves
1/4 cup cooking oil
1 cup vinegar
1 cup water
1/2 tsp salt
Pepper to taste

Preparation

1. Marinate the pork loin with all sauce ingredients for 3 hours or overnight.
2. Before cooking, lightly oil your ovenproof roasting pan.
3. Place the pork loin in the pan.
4. Then cover with aluminum foil.
5. Preheat your oven to 150 degrees C or 302 degress F.
6. Allow it to roast in the oven for 3 hours or until tender.
7. Once cooked, cut the pork into four equally large chops.
8. Narrow down the meat from the top of each pork loin chop.
9. Place on plate.
10. Pour the remaining hot marinade and some adobo sauce (store bought or ready made) on top of the chops.
11. Garnish with green pea sprouts before serving.
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Cooks Note