



Posted on 14 October 2012
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 degrees 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.
- 12 Normal 0 false false false EN-US X-NONE X-NONE /* Style Definitions */
table.MsoNormalTable {mso-style-name:"Table Normal"
- 13 mso-tstyle-rowband-size:0
- 14 mso-tstyle-colband-size:0
- 15 mso-style-noshow:yes
- 16 mso-style-priority:99
- 17 mso-style-parent:""
- 18 mso-padding-alt:0cm 5.4pt 0cm 5.4pt
- 19 mso-para-margin-top:0cm
- 20 mso-para-margin-right:0cm
- 21 mso-para-margin-bottom:10.0pt
- 22 mso-para-margin-left:0cm
- 23 line-height:115%

24 mso-pagination:widow-orphan
25 font-size:11.0pt
26 font-family:"Calibri","sans-serif"
27 mso-ascii-font-family:Calibri
28 mso-ascii-theme-font:minor-latin
29 mso-hansi-font-family:Calibri
30 mso-hansi-theme-font:minor-latin
31 mso-bidi-font-family:"Times New Roman"
32 mso-bidi-theme-font:minor-bidi
33 mso-ansi-language:EN-US
34 mso-fareast-language:EN-US
35 }

Cooks Note
