

Pork with Grapes & Tarragon



CONTRIBUTED BY MARIA HELM SINSKEY

© Jonny Valiant

TOTAL TIME: 30 min

SERVINGS: 8

FAST, HEALTHY

STAFF FAVORITE

This dish tastes surprisingly rich for something so low in fat, thanks in part to the tannins in black and red grapes. "If you make the sauce with less tannic green grapes, it just won't have the same texture," says Maria Helm Sinskey. When she can find them, Sinskey uses fragrant black muscat grapes here.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- Eight 4-ounce boneless pork loin chops
- Kosher salt
- Freshly ground pepper
- 2 cups black or red seedless grapes (12 ounces), halved
- 2 tablespoons minced shallots
- 1 tablespoon sugar
- 1 tablespoon red wine vinegar
- 1/2 cup dry, fruity red wine
- 1 cup chicken stock or low-sodium broth
- 2 teaspoons chopped tarragon

STEPS

1. In a very large skillet, heat the olive oil until shimmering. Season the pork with salt and pepper and add the chops to the skillet. Cook over moderately high heat, turning once, until lightly browned and nearly cooked through, about 6 minutes. Transfer the pork to a platter, cover loosely and keep warm.
2. Add the grapes to the skillet and cook until lightly browned, about 3 minutes. Add the shallots and sugar and cook, stirring, until the sugar dissolves, about 1 minute. Add the vinegar and cook until nearly evaporated, about 1 minute. Add the wine and boil over high heat until reduced by half, about 3 minutes. Add the stock and boil until reduced by half, about 4 minutes.
3. Return the pork and any juices to the skillet and simmer until the chops are just cooked, about 2 minutes. Transfer the pork to plates. Boil the sauce until thick and glossy, about 2 minutes. Stir in the tarragon and pour the sauce over the pork. Serve right away.

NOTES **One serving:**

236 cal, 8 gm fat, 1.8 gm sat fat, 11 gm carb, 0 gm fiber, 25 gm protein.

SERVE WITH *Brown rice or roasted potatoes.*

SUGGESTED PAIRING *Round, berry-rich Merlot from Sonoma.*