



PORK CHOPS WITH WILD GARLIC & MUSHROOMS



MINUTES TO PREPARE

5



MINUTES TO COOK

25



SERVES

4

INGREDIENTS

4 pork chops, bone in
1 tablespoon rapeseed oil
1 shallot, peeled and thinly sliced
125g shiitake mushrooms, thickly sliced
2 large handful wild garlic, washed and thickly sliced
70ml white wine
150ml double cream
1 teaspoon Dijon mustard
1 teaspoon wholegrain mustard
100ml water
1 teaspoon vegetable bouillon
Maldon sea salt
Freshly ground black pepper

You will need a large frying pan and a roasting tray large enough for the 4 pork chops.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Season the pork chops on either side with Maldon sea salt and freshly ground black pepper.
- 3 Heat the oil in a large frying pan and fry for 4 minutes on either side, or until the chops have started to take on some colour.
- 4 Remove the chops from the frying pan to a roasting pan. Place in the oven for 15-20 minutes, or until the juices have run clear. The cooking times will depend on the thickness of the pork chop. The meat should be white or grey not pink inside.
- 5 Meanwhile, make the wild garlic and mushroom sauce. Return the frying pan to the heat and fry off the mushrooms and shallots of 5 minutes. Add the wine and let it bubble for a further 3 minutes.
- 6 Next add the cream, wild garlic, Dijon and wholegrain mustards and vegetable bouillon and cook for a further 3 minutes, scrapping the bottom of the pan with a wooden spoon. Taste and season with Maldon sea salt and freshly ground black pepper as necessary.
- 7 When the pork chops are cooked, drain the sauce from the pork pan into the sauce. Stir well.
- 8 Serve alongside the pork chops and pour over all the sauce from the pan. This is lovely with some boiled new potatoes and sprouting broccoli.

"The wild garlic leaf is a beautiful verdant green with smooth edges and a pointed tip. It eventually produces a white chive-like flower by the end of Spring. The main way to tell it apart from other plants is by its smell and the smoothness of its leaf. Do take care as the Lily of the Valley (also with green leaves but with more of a snowdrop flower) is poisonous"