

Quick Pork Sauté with Blackberries

Makes 4 servings.

Ingredients

Four 4-ounce boneless pork loin chops (about ½ inch thick), trimmed of fat
¼ tsp salt, or to taste
¼ tsp freshly ground pepper
3 tsp extra-virgin olive oil, divided
½ cup finely chopped shallot (1 large)
1 Tbsp chopped fresh thyme or 1 tsp dried
½ cup port
½ cup black currant nectar (or liqueur), blackberry or blueberry juice (see Note)
½ cup reduced-sodium chicken broth
2 Tbsp balsamic vinegar
1½ tsp cornstarch
1½ tsp water
1 cup blackberries
2 tsp butter

Directions

1. Season pork chops with salt and pepper. Heat 2 tsp oil in a large nonstick skillet over medium-high heat. Add pork and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate. (Do not wash skillet.)
2. Add remaining 1 tsp oil to the pan. Add shallot and thyme; cook, stirring, for 30 seconds. Add port, black currant nectar (or liqueur or blackberry or blueberry juice), broth and vinegar; bring to a boil, scraping up any browned bits. Cook, stirring occasionally for 5 minutes to reduce sauce and intensify flavor.
3. Mix cornstarch and water in a small bowl. Add to the sauce and stir until lightly thickened. Reduce heat to low. Add blackberries and butter. Simmer, stirring, just until the butter has melted. Return the pork chops and any accumulated juices to the pan; turn to coat with sauce. Serve immediately.

