



Pork Cutlets with Orange Sauce

Adapted From [South Beach Quick and Easy](#)

BAH Note: These would have been better if I had brined the chops for a few hours. Pan frying can really do a number on the moistness of a chop.

- 8 pork cutlets, approximately 3 ounces each, about 3/4 inch thick
- 3/4 teaspoon dried rosemary
- 2 tablespoons olive oil
- 1 shallot, minced (approximately 1 tablespoon)
- 1/2 cup chicken broth
- zest and juice from one small orange

Pat the pork dry and then season with salt, pepper, and the rosemary. Heat half the oil in a large skillet over medium high heat. Working in batches, cook the pork until lightly browned, approximately 2 to 3 minutes per side. Transfer the cooked chops to a plate and cover to keep warm.

Reduce the heat to low and add remaining oil to the skillet. Add the shallot and cook for one minute. Raise the heat back to medium high and add the broth and orange juice and zest. Cook until the liquid reduces by half and starts to just thicken.

Return the pork, and any accumulated juices, back to the skillet and cook 1 minute more, turning the chops to coat them in the sauce.

pork cutlets with orange sauce was posted by wendi on 25 april 2011 at bonappetithon.com