

PORK CHOPS SALTIMBOCCA

Make as many as you need.

By Dennis W. Viau; an original recipe.

For this recipe and video I bought a small pork loin and cut it into chops. Cut one or two, or as many as you can safely fit in your sous vide cooking vessel. This simple procedure makes tender and juicy pork chops with excellent flavor.

Ingredients:

For each serving:

1 pork chop, cut about 1 inch (2.5cm) thick

Salt and pepper to season

1 slice prosciutto

Directions:

If desired, trim each chop to remove excess fat. Season each chop with salt and pepper, then wrap the chop in a slice of prosciutto.

Place the chop in a vacuum seal pouch and seal, or in a small ziplock bag and press out as much air as possible before sealing.

Set up your sous vide cooking system, heating the water to 130°F (54°C) for medium rare or 135°F (57°C) for medium. Immerse the sealed packet in the heated water and cook for 90 minutes.

At the end of the cooking time, heat a skillet with a high-temperature oil such as peanut oil or safflower oil. Remove each chop from its plastic and sear over medium-high heat until lightly browned, a few minutes per side.

Serve with your favorite vegetables.

These chops can be prepared in advance, sealed in plastic, and frozen. When cooking a frozen chop, increase the cooking time by about 15 minutes. Or the chops can be cooked and then frozen to be thawed and seared later for serving.

