

Recipe from [Portuguese Cooking](#).



Stuffed Pork with Pomegranate Sauce

For the pork:

2 T olive oil
1 large shallot, diced
6 ounces mushrooms
Sea salt to taste
2 cloves garlic, minced
1/4 c fresh parsley, finely chopped
3/4 c whole grain bread crumbs
Ground pepper to taste
1/2 c mild, semi-soft cheese
4 thick boneless pork chops
2 T butter

For the sauce:

1 c white wine
Juice of three pomegranates
1-1/2 T sugar
Salt and pepper to taste
1 T corn starch mixed with 1/3 c cold water

Preheat the oven to 375F. In a large skillet heat 2 tablespoons of olive oil, then add the shallots and cook for about 2 minutes. Next stir in the mushrooms and the garlic and season with sea salt. Sauté the mushrooms until the juices are evaporated and then mix in the parsley and bread crumbs. Finally toss in the cheese and stir until combined. Season with pepper and more salt if desired, remove from the pan and set the stuffing aside to cool.

Using a sharp knife, cut a slit into the short end of the pork chop and wiggle to form a pocket through to the other end. Stuff the pockets of the chops with the stuffing. Use toothpicks to close the opening. Next add the butter to the same, unwashed, skillet and melt it over a medium-high heat. Place the stuffed pork chops into the skillet and brown on both sides. Remove from the skillet and place into a lightly greased, oven-proof dish. Bake the chops for 35-40 minutes, or until the internal temperature reaches 150F.

To prepare the sauce, pour the wine into the same skillet and incorporate the caramelized bits from the pan into the wine. Simmer over medium heat until reduced by 1/3. Next add the pomegranate juice and sugar and again reduce by 1/3. Shut the heat off and set aside.

When the pork is done, remove the meat to a serving platter and drain the pan juice into the sauce. Turn the heat back on and bring the sauce to a low boil. Whisk in the cornstarch and simmer on low for 2 to 3 minutes. Season to taste.

To serve, slice the pork chop crosswise and spoon over the sauce.