

Mushroom Pork Marsala



Marsala sauce seems to dress up almost anything. Spooning it over a good pork chop is a little slice of heaven.

Whether it's the rich Italian heritage or the nutty smoky flavor, any recipe that uses marsala wine drips with class. This recipe fits that category.

♦ **Mushrooms Plus:** To max out a mushroom's full flavor, you have to saute them first to remove their water. After they've given up all their water, replace it with flavors like marsala, garlic, and shallots.

♦ **Now's the Time:** Take this opportunity to try some of those other mushrooms you see at the grocery store. Try oyster, crimini, shiitakes, trumpet, or portobellos—all work well.

♦ **Buttered Up:** The key to making the mushroom sauce is to remove it from the heat and swirl in the butter. This creates an emulsification which thickens and enriches the sauce.

Pork Marsala with Buttered Fettuccine

Makes 4 Pork chops

Total Time: 45 Minutes with Fettuccine



1 Heat oil over medium-high, add chops, and brown both sides. Remove from the pan; keep warm.



2 Sauté shallots and garlic, then add mushrooms. Cook until all their moisture has evaporated.



3 Return the chops to the mushroom mixture to reheat and coat with sauce.

ingredients:

Dredge and Saute in:

- 4 center-cut pork loin chops (4–6 oz. each)
- Salt and pepper

1/2 cup all-purpose flour

2 T. vegetable oil

Melt 1 T. Unsalted Butter; Stir in:

1/4 cup shallots, minced

1 T. garlic, minced

8 cups assorted mushrooms

Deglaze with:

1/2 cup dry marsala

1/4 cup chicken broth

1 T. fresh lemon juice

1 T. chopped fresh sage

6 T. cold unsalted butter

Salt and pepper to taste

Garnish with:

2 T. chopped fresh parsley

2 slices prosciutto, frizzled, see below

directions:

Dredge seasoned chops in flour. Sauté pork in oil over medium-high heat for 5 minutes. Flip and sauté 5 more minutes. Remove from pan and keep warm.

Melt butter in the same pan. Stir in shallots and garlic, and sauté 2 minutes. Add mushrooms and sauté 8 minutes, or until they release all their water and brown.

Deglaze pan with marsala. Add broth, lemon juice, and sage; bring to a boil, and reduce until almost evaporated. Remove from heat and whisk in butter until melted. Season with salt and pepper, return the chops to the pan.

Garnish with parsley and prosciutto.

Per chop with 1/4th mushroom sauce: 511 calories; 59% calories from fat; 34g total fat; 18g carb.; 223mg sodium; 3g fiber; 34g protein

tip: FRIZZLED PROSCIUTTO

Prosciutto [proh-SHOO-toh] is ham that's cured, salted, and air-dried. A little goes a long way, so it's sliced very thin. And since prosciutto is cured, it doesn't need to be cooked. But for a real treat, you can "frizzle" it—slice it crosswise in thin strips then fry in olive oil for about 5 minutes, stirring often until crisp.



menu EXTRAS

How about a little green with your Pork Marsala? This makes a complete meal when you add:

Sautéed Spinach,
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ON THE SIDE

Buttered Fettuccine

Makes 4 cups

Total Time: 20 Minutes

Boil; Toss with:

8 oz. dry fettuccine

2 T. unsalted butter

2 T. Parmesan or Asiago, grated

Salt and pepper to taste

Boil fettuccine in a large pot of salted water according to package directions. Drain, then toss with butter, cheese, salt, and pepper.

Per cup: 271 calories; 24% calories from fat; 7g total fat; 42g carb.; 65mg sodium; 2g fiber; 9g protein

Time: Take
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