

Pork Chop with Cranberry Rice



This is a very easy and simple recipe to prepare pork chop. I usually grill the chops, but this time I decided to bake first and then pan fry. I served the pork chops with cranberry rice. It is a great combination of flavor...very fruity and colorful.

Pork Chop

Ingredients:

2~3 lb pork chop
6 garlic cloves, minced
 $\frac{1}{2}$ tablespoon sesame oil
 $\frac{1}{4}$ cup light soy sauce
2 teaspoon sugar
2 tablespoon cooking wine
 $\frac{1}{4}$ cup lemon juice
Salt and pepper to taste



Method:

Marinate the pork chops with all the above ingredients.

Let it set in the refrigerator for at least 6 hours (preferably overnight).

Arrange the pork chops in an oven safe tray and bake for 40~45 minute at 350 F.

Remove the pork chops from the oven and place them in a fry pan over high heat just to brown, both side.

Cranberry Rice

Ingredients:

1 cup basmati rice
2 cup boiling water
1/3 cup cranberries
½ teaspoon ground cinnamon
1 small onion finely chopped
1 tablespoon olive oil





Method:

In medium heat sauté the onion in the olive oil, add the cranberries until the cranberries are slightly soft. Add the rice pre-rinsed and drained, the salt and the ground cinnamon, mixing gently. Add the boiling water and reduce the heat until all the water is absorbed.



Did you know that cranberries like grapes contain large amount of polyphenols? Polyphenols have the ability to scavenge free radical, therefore are considered antioxidants. Cranberries have been recommended to prevent urinary tract infection due its tannins content.

Thank you for stopping by Simple Recipes and have a great week!