



## Featured Chef Recipe

### Double Cut Pork Chop With Fresh Shell Beans, Ham Hock, and Chow Chow

#### *Ingredients*

##### **Brine:**

- ¾ cup salt
- ½ cup sugar
- 1 each yellow onion, quartered
- 1 head garlic, halved
- 1 TBL chili flake
- 3-4 thyme, sprigs
- 2 each bay leaves
- 1 gallon water
- 6-8 double cut pork chops



##### **Beans**

- 1 pound shelling beans, fresh (if using dry beans, like Cannellini, or Pocha soak overnight in water)
- 1 each yellow onion, medium, diced small
- 3 each garlic, cloves
- 1 each carrot, small, peeled, cut in half
- 3-4 each thyme, sprigs
- 1 each bay leaf
- 2 teaspoons salt
- 1 teaspoon black pepper

Reserved hock poaching water  
To taste salt and pepper  
As needed parsley, fresh, chopped

### **Hock Poaching Water**

1 small ham hock, smoked  
Water

### **Chow Chow**

1 each cauliflower, medium head, break into small flowerets approximately ½”  
10 fl oz white vinegar  
6 fl oz water  
¾ cup white sugar  
2 teaspoons salt  
2 teaspoons mustard seed  
2 teaspoons celery seed  
¼ teaspoon tumeric  
1 each green pepper, medium, small  
1 each red pepper, medium, small dice  
12 oz wt yellow onion, small dice

### **Brine:**

1. In sauce pot, add all ingredients.
2. Bring to a boil, cool completely.
3. Submerge Chops and brine for 12 hours
4. Remove chops and dry with towels
5. In an electric smoker with apple wood, cold smoke chops for approximately 30 minutes. (If you don't have a smoker, throw a little wood on your coals while grilling. The smoke will penetrate just fine.)

*Chef Notes:* We use Tails and Trotters Pork, locally grown here in the Portland area, but source out the best product near you. These pigs are finished on hazelnuts which gives the fat a nice milky, nutty flavor that melts a lot better than most pork I've had.

### **Hock Poaching Water:**

1. Cover 1 small smoked ham hock in enough water to cover
2. Poach until the meat easily pulls away from the bone
3. Reserve liquid to cook the beans

4. Pick the meat away from the bone, discarding any fat

**Beans:**

1. In a stainless steel pot, combine everything except the picked hock meat. You may have to add a bit more plain water to just cover the beans by about a half inch
2. Slowly bring to a simmer and cook. Stir as needed until beans are tender. You never want the liquid to boil as it will destroy the bean's texture
3. Remove from heat and add the ham hock
4. Cool at room temperature stirring occasionally until some of the liquid has soaked up. 5. Adjust seasoning to taste, and remove the thyme and bay leaf. Stir in the fresh parsley.

**Chow Chow:**

1. In sauce pot add water and a little salt. Bring to boil. Add cauliflower and cook for a couple minutes, until tender. Drain and cool.
2. In sauce pot, add vinegar, water, sugar, salt, mustard seed, celery seed and turmeric. Bring to a boil
3. Add peppers and onions and bring to a simmer
4. Cook for a few minutes, or until peppers and onions begin to break down
5. Cool and store in the fridge until ready for use
6. Make several days ahead, if you wish, and store in the refrigerator

**Serving Suggestions:**

1. Over a medium high char-broiler, grill the chops to about 120 degrees, allowing for some carry over cooking. Watch for flare-ups as the fat renders. Create a safe zone on your grill where you can move the meat to if this happens
2. Rest for a few minutes before serving
3. In center of plate, place spoonful of beans
4. On top of beans, place grilled pork chop and garnish with a 1 TBL of the Chow Chow