

Pork Chop with Bean and Spinach Stew

This stew is a lot easier than it looks. You can buy good stocks from a deli. If you're using dried white beans, soak them over night and cook in water until tender. The stew will cook while the chops are in the oven; allow about 30 minutes.

Ingredients

4x best quality free range pork chops (loin or bacon chop are great)

For the stew

300g mixed white beans (cooked or tinned)
2 shallots, finely diced
2 cloves garlic, finely chopped
4 rashers streaky bacon chopped into lardons
300ml ham stock
250ml double cream
4 leaves sage, chopped

To finish

Pinenuts
Spinach
Parmesan

Season the chops with salt then sear them in a pan. When they're nicely coloured, put in a preheated 180°C oven on the grill rack so they don't fry, and cook for around 20min. Turn halfway through. Once they are cooked to your liking, remove from the oven and rest in a warm place for five to ten minutes.

While the chops are in the oven, sweat off your shallots and garlic in a heavy pan on medium heat. Add the bacon and cook for around five minutes until the bacon releases its juices and starts to colour. Add the ham stock, and let it reduce by half. Add the double cream and the beans and bring to the boil. Once boiling, remove the pan from the heat, add the sage, spinach, and season with salt and pepper. Just before serving add the washed spinach and stir until wilted. Once the stew is on the plate sprinkle with the Parmesan and pinenuts, and place the chop on top.