

# PLANK COOKING

by JOHN HOWIE

## **Maple Roasted Pork Chops and Pearl Onions – Serves 2**

2 each	Pork Chops – bone in 1-1 ½ ” thick
¾ cup	Maple Marinade – recipe follows
½ tsp.	Salt
½ tsp.	Black Pepper – ground
1 tsp.	Thyme – fresh, minced
24 each	White Pearl Onions – peeled

### **MARINATING PROCEDURE:**

1. Place the pork chops in ½ cup of the marinade, coat completely. Let marinate for 24 hours. Turn every 6 hours to ensure proper marinating. Hold refrigerated until needed.

### **COOKING PROCEDURE:**

1. Pre-heat oven to 375°. Remove the pork chops from the marinade and pat dry. Season each pork chop with the ½ tsp. salt, ½ tsp. pepper. Place the chops in the center of the plank.
2. Toss the onions in the remaining ¼ cup of marinade with the fresh thyme. Place the onions around the exterior of the pork chops on the plank.
3. Place the plank in the oven on the top rack, roast for 20 minutes, remove from the oven, turn the pork chops over, let the oven re-heat, then return the plank to the oven and roast for 20-25 minutes until chops have an internal temperature of 140°. Remove from the oven and place them on a plate with the onions, drizzle any of the juices from the plank over the chops and garnish with a fresh thyme sprig and serve.

### **Maple Marinade**

1 Tbsp.	Garlic – peeled, sliced
3 Tbsp.	Cider Vinegar
¼ cup	Water
1 tsp.	Whole Grain Mustard
½ cup	Maple Syrup – pure

### **MAPLE MARINADE PROCEDURE:**

1. Place the water, garlic, vinegar, and mustard in a pot and bring to a boil. Turn off the heat and let steep for 45 minutes.
2. Add the maple syrup and let cool. Hold refrigerated until needed.