

## Pork Chops With Sage Garlic Butter



### Ingredients

- 4 large pork chops
- Salt and freshly ground black pepper
- 1/3 cup white wine
- 150g butter
- 1 bunch fresh sage, finely chopped (reserve some whole leaves for garnish)
- 4 cloves garlic, coarsely chopped

### Directions

Step 1 – Season both sides of the pork chops well with salt and pepper and set aside, out of the fridge, for at least an hour.

Step 2 – Heat the BBQ to medium – high heat (200 - 220°C) and prepare for direct cooking with a BBQ safe frying pan.

Step 3 – Once the frying pan is at the required temperature, add a tablespoon of vegetable or rice bran oil and then place the chops into the pan, searing until beginning to brown on both sides, approximately 2 – 3 minutes per side. Remove the chops from the pan and cover to keep warm.

Step 4 – Deglaze the pan with the white wine, for around 3 – 4 minutes, then add the butter to the pan and heat until starting to foam. Once foaming, add the chopped sage and garlic, stir to mix through, then add the chops back into the pan. Coat the chops with the butter mixture, then close the lid of the BBQ and cook the chops for around 10 minutes or until the chops reach an internal temperature of around 65°C. Cover and rest the chops for 5 - 10 minutes, then serve with the warm pan juices. Garnish with fresh sage leaves.

