

Cranberry Glazed Pork Chops

Unit: Large Skillet or Electric Skillet

1 - Tablespoon of Honey or Agave Nectar
1 - Tablespoon Tarragon (Fresh is Best)
1/2 - Cup Dried Cranberries
2 - Teaspoons Corn Starch

1 - Cup Cranberry Apple Juice
4 - 6 Butterfly Cut Pork Chops
1 - Tablespoon Fresh Parsley
2 - Cups of Brown Rice

First cook the rice with 1 cup rice - 2 cups of water in a saucepan on medium heat. Rotate the valve below the lid to pen and cook until the valve activates. Then close the valve and reduce the heat to low for 20 -30 minutes or until the rice is done.

Combine the juice with all of the ingredients except for the corn starch and meat. Next, preheat the skillet on medium-high heat. (450 on the Electric Skillet). Add the pork chops and cook for approximately 4 minutes. Flip the chops over and cook for 4 more minutes.

Next, pour the juice mixture over the chops and seal the lid. Rotate the valve below the knob to open and cook on medium-low heat for 20 minutes. If the valve continues to activate, reduce the heat a bit.

Transfer the chops to a plate and set aside. Combine the corn starch with a very small amount of water in a glass and mix thoroughly. Add the starch to the juice mixture until it thickens. Serve the chops with the sauce over it.