



NUTRITION *per serving* 70g carbohydrates 40g fat 61g protein 1187mg sodium | gluten-free, soy-free, shellfish-free, nut-free



Calories
872



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

STAFF PICK

Pork Chop Châteaubriand
with duchess potatoes and roasted carrots

IN YOUR BOX

- 1 fl. oz. Liquid Egg
- 2 Russet Potatoes
- 1 Shallot
- 1 Tarragon Sprig
- 9 oz. Carrot
- 2 Bone-in Pork Chops
- 2 fl. oz. Heavy Whipping Cream
- .9 oz. Butter
- 2 fl. oz. White Cooking Wine
- 2 tsp. Chicken Demi-Glace

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Small Oven-Safe Casserole Dish
- Colander
- Small Pot
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Prepare a casserole dish with cooking spray
- Place a colander in the sink
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Butter** is used twice. $\frac{1}{3}$ is added to **duchess potatoes** and remaining is in **sauce**.

FROM THE CHEF

Use a sharp knife to slice very shallow cuts spaced 2" apart into the outer edge of fat on pork chops. Season with a pinch of salt and pepper. These shallow slashes will keep the pork chop flat and prevent "cupping", or curling up on itself, which prevents you from getting an even sear.

Did you know...

The origin of châteaubriand sauce is subject to debate. Some credit its creation to a chef named Monmireil, who prepared it for François-René de Chateaubriand. Others speculate that it originated at the Champeaux restaurant.



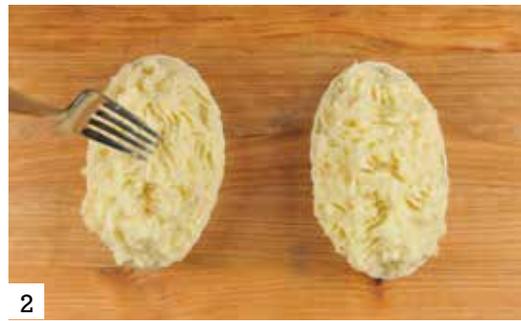
Cook Potatoes and Prepare Ingredients

Peel **potatoes** and cut into 1" cubes. Bring a small pot with cubed potatoes, 1 tsp. **salt**, and enough **water** to cover to a boil. Reduce to simmer and cook until tender, 14-16 minutes. While potatoes boil, peel and mince **shallot**. Stem **tarragon** and coarsely chop. Peel **carrot**, trim, and cut into sticks 3" long and $\frac{1}{2}$ " thick. Rinse **pork chops**, pat dry, and season both sides with $\frac{1}{2}$ tsp. **salt** and a pinch of **pepper**.



Cook the Pork

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **pork chops** to hot pan. Cook until browned, 3-5 minutes. Flip, reduce heat to medium, and cook until pork chops are firm and reach a minimum internal temperature of 145 degrees, 4-8 minutes. Remove from pan and rest 3 minutes. Reserve pan; no need to wipe clean.



Finish the Potatoes

Once cooked, drain **potatoes** in colander and return to pot. Add **cream**, $\frac{1}{3}$ the **butter** (reserving remaining for sauce), and **liquid egg** to pot and mash until smooth. Season with a pinch of **salt and pepper**. Transfer to prepared casserole dish or two oven-safe ramekins. Use a fork to pull sides of potatoes into small peaks, forming decorative ridges. Bake until ridges on potatoes turn golden brown, 20-25 minutes. Remove from oven and set aside. While potatoes bake, roast carrots.



Make the Sauce

Return pan used to cook pork to medium-high heat. Add **shallots** and $\frac{1}{2}$ tsp. **olive oil**. Cook until aromatic, 1 minute. Add **white cooking wine** and **demi-glace**. Bring to a boil and reduce by half, 2-3 minutes. Remove from burner and swirl in remaining **butter** and **tarragon**.



Roast the Carrots

Place **carrots** on prepared baking sheet and toss with 1 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer and roast until browned and tender, 12-15 minutes. While carrots roast, cook pork chops.



Plate the Dish

If **carrots** are cool, return them to oven to reheat, 1-2 minutes. Set **duchess potatoes** onto plate and set roasted carrots next to them. Place **pork chop** in front of vegetables and spoon **sauce** in front of chop.