



Recipe from [The Farmers Market Season 3](#) • Holly Springs, NC

HIDDEN POND PORK CHOPS *with* **Caramelized Crookneck Squash and Broccoli Rabe** **Serves 2**

This recipe provided by:

Ed Brantley, *GourmEd's Catering*

www.gourmedscatering.com

Cooking Demonstration- June 20, 2009

INGREDIENTS

2 thick cut [Hidden Pond Farm](#) Pork Cops
4 small to medium sized yellow or crookneck squash, sliced thin
1 small onion, sliced
1 large bunch broccoli rabe, blanched & cooled
2 cloves fresh garlic, peeled, thinly sliced
4 tblsp. extra virgin olive oil (evoo)
2 tsp. rosemary, chopped
sea salt & cracked black pepper to taste (s&p)

DIRECTIONS

Caramelize onions in sauté pan with 2 tblsp. evoo, then add squash and toss thoroughly. Stir occasionally. Caramelization is the key here. Add s&p to taste. Can take up to 30 or 45 minutes cooking time.

Coat pork chops with 1 tsp. evoo, s&p, & chopped rosemary. Refrigerate.

Preheat your grill on high, then cut back to 3/4 heat. Place chops on grill and cook 4 to 8 minutes on each side until done to your liking.

Sauté sliced garlic with remaining evoo, then add broccoli rabe. Toss well to coat with garlic and oil. Season with s&p to taste and cover for 5 minutes away from heat.

Make this at home today! See [The Farmers Market Shopping List](#) on reverse.



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Please visit the following vendors at **The Farmers Market** who provided items for today's cooking demonstration:

SHOPPING LIST

Hidden Pond Farm- 2 thick cut pork chops
Genesis Farm- 4 small to medium yellow or crookneck squash
Vaughan Farms- 1 small onion
Pipa's Farm- 1 large bunch broccoli rabe
 2 cloves fresh garlic
 2 tsp. rosemary

Other Ingredients Needed:

4 tblsp. extra virgin olive oil
sea salt & cracked black pepper to taste

www.HSFarmersMarket.com

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