

# THE CULINARY

## Playground



### Mango Relish

- 1 mango, halved, seeded, peeled and sliced or chopped
- 1 cup pineapple chunks
- 1 small orange or clementine, peeled and segmented
- $\frac{1}{4}$  cup chopped red onion
- 1 small banana pepper, sliced (optional)
- 1 teaspoon finely shredded orange peel
- $\frac{1}{4}$  cup orange juice
- $\frac{1}{8}$  teaspoon cayenne pepper

### Pork Chops

- 4 4 ounces bone-in pork loin chops, about 1/4-inch thick
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 tablespoon olive oil
- $\frac{1}{2}$  cup orange juice
- 2 teaspoons honey
- $\frac{1}{4}$  cup water
- Fresh cilantro sprigs

1. For mango relish, in a medium bowl stir together mango, pineapple, orange segments, the  $\frac{1}{4}$  cup orange juice, red onion, banana pepper (if desired), orange peel, and cayenne pepper; set aside.

2. Sprinkle pork chops with chili powder, salt, and pepper. In a large skillet, heat oil over medium-high heat. Add two pork chops. Brown 3 minutes each side. Remove from skillet. Add remaining pork chops to skillet; brown 3 minutes each side. Add first two pork chops back to the skillet.

3. In a small bowl whisk together the  $\frac{1}{2}$  cup orange juice and honey; add to the skillet. Add the  $\frac{1}{4}$  cup of water. Reduce heat to low. Simmer, covered, for 5 minutes or until pork chops are done (145 degrees F). Spoon mango relish over pork. Cover; simmer 1 minute more. Remove pork chops and relish from pan; cover to keep warm. Return pan to high heat. Simmer juices, uncovered, 5 minutes or until reduced by half. Serve pork chops with mango relish. Drizzle with pan juices and sprinkle with fresh cilantro.