



-SWEETS & EATS-

-CAST IRON PORK CHOPS + BLACKBERRY BBQ SAUCE -

PREP TIME

1 hr

COOK TIME

10 mins

SERVINGS

2

INGREDIENTS

2 bone in pork chops
1 tablespoon olive oil
2 tablespoons butter
Salt and Pepper to taste
3 sprigs fresh rosemary
5 sprigs fresh thyme
2 cloves smashed garlic
salt and pepper to taste
blackberry bbq sauce:
2 cups fresh blackberries

¾ cups ketchup
½ cup dark brown sugar
¼ cup honey or agave
2 tablespoons apple cider vinegar
1 teaspoon sriracha
1 tablespoon mustard
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon paprika
salt and pepper to taste

INSTRUCTIONS

1. To make the blackberry bbq sauce- blend all ingredients and blend until smooth. Pour into a fine mesh colander to remove the seeds and place in a small saucepan.
2. Bring to a boil and then reduce heat to simmer on low for 20 minutes, stirring occasionally. Remove from heat and let cool completely. Transfer to a mason jar and it will keep in the refrigerator for one month.
3. Sprinkle salt and pepper over pork chops. Heat a cast-iron skillet to medium-high heat and add the butter. Once hot, add the herbs, garlic and pork chops. Cook for 5 minutes and then flip and cook another 5 minutes. (If the chops are thin, cook time may be less). Internal temperature should be 155 degrees F.
4. Remove from heat. Top with blackberry bbq sauce. Serve immediately.

Enjoy y'all!

