

Spezialitads dal Grischun



STUFFED PORK CHOPS WITH MACARONI

A tasty, nourishing meal for cold winter days

Ingredients

(for 4 people)

4 pork chops approx. 150 -180 g (ask your butcher to cut a pouch in them)
4 large or 8 small slices uncooked ham
Mustard
A few sprigs of rosemary
Sage leaves
Salt an pepper (ground)

For the macaroni

400 g macaroni or any other pasta of your choice
50 g fresh butter
100 g grated Parmesan cheese
1 onion

Preparation tip: Prepare the pasta in advance and only fry the chops halfway through the baking.

Method

(Preparation time: 30 minutes, recipe takes approx. 30 minutes)

- Season the inside and outside of the pork

chops with salt and pepper, garnish the uncooked ham with the fresh sage leaves and the rosemary sprigs and insert them into the pouches in the meat, then join up the pouches with a cocktail stick.

- Fry slowly in a frying pan in butter or cooking oil until golden yellow in colour. Reduce the heat after a few minutes and continue cooking gently until the meat and ham are thoroughly heated through. When ready, garnish the chops with a sage leaf and a slice of lemon.

Preparation of side-dish

- Bring 3 litres of water to simmering point and add a few drops of olive oil. Cook the pasta until it is al dente (cooked but still firm, see directions on packet), thinly slice the onion and fry it briefly in the butter. Drain the pasta in a colander and transfer to an ovenproof dish. Scatter the fried onion slices over the top, sprinkle with the Parmesan cheese and add a few knobs of butter. Put the dish in a hot oven and bake until golden-brown. Delicious with a green side salad.