

Pork Chops with Anchovies, Garlic, Rosemary and Chilies
Adapted from Hugh Fearnley Whittingstall
A dash of olive oil

4 thick bone-in pork chops
8-10 anchovies or the equivalent in anchovy paste
6 fat cloves of garlic, peeled and slice
2 dried chilies, deseeded and thinly sliced
4 tender sprigs rosemary
100 ml cider, water or hearty chicken stock
Sea salt and ground black pepper

Place a large pan over a medium heat and add the oil. Season the pork chops all over with salt and pepper, then add them to the pan.

Cook for 4–5 minutes on the first side, then flip them over and add the anchovies, garlic, chillies and rosemary, allowing the flavourings to fall in amongst and around the chops. Keep moving the contents of the pan around as you finish cooking the chops – they will need 4–5 minutes on their second side.

Remove them to a warm plate to rest. Toss the garlic and rosemary around the pan, then add the water or cider. Bring quickly to a simmer, with a shake and a stir, then let bubble until reduced down by half. Pour the reduced liquor over the chops and serve.