

Pork Chops with Blueberry/Elderberry Compote, Kamut Berries and Braised Greens

Ingredients:

- Pork chops (The Rounded Pig), Kamut berries (Maine Grains), kale, mustard greens, ginger, apple, shallots, blueberries, elderberries, balsamic vinegar, butter, honey, parsley, thyme, salt, pepper.
- If frozen heat in oven at 350 F, after 20 minutes lightly mix and heat for an additional 20-25 minutes or thaw in refrigerator and in oven for 20-30 minutes

Recipe:

- 1 cup Kamut berries, 2 Pork chops ½ cup Maine wild blueberries, ¼ cup elderberries, ½ packed cup mustard greens and kale, 1 cup of shallots, 2 apples, 1 tsp ginger, ¼ cup balsamic vinegar, 2 pats butter, 1 tsp olive oil, salt and pepper
- Boil 2.5 cups of water or vegetable stock add Kamut berries (wash Kamut first with water in a strainer), cook on low heat for 45-55 minutes. In a sauce pan saute ½ cup of finely chopped shallots reserve to add to cooked Kamut. blueberries, elderberries, chopped shallots, apple, grated ginger in 2 tbs olive oil. Cook down and add 1 tbs honey, 1/4 cup balsamic vinegar finish with a few pats of butter.(10 minutes total) . Mix sauted shallots with cooked Kamut. Season to taste with salt and pepper. Braise greens in 1 tbs olive oil add ¼ cup of compote. Pour rest of compote onto braised pork chops