

Sous Vide Pork Scallops with Lemons and Capers

Slightly adapted from Foodiecrush

3/4 pound boneless pork
Salt and pepper, to taste
Fresh sage leaves, one per slice
4 tablespoons butter, divided
2 teaspoons oil, preferably high-heat such as grapeseed
2 tablespoons flour
1/2 cup white wine
1 cup chicken stock
1 lemon, half for juice and half sliced
1/8 cup capers

Cut pork into equal portions, then pound to about 1/4-inch thickness. Salt and pepper each side, to taste. Press a sage leaf onto each portion, then a small pat of butter on top of each leaf. Place the pork in one layer in a gallon zip-top bag, then vacuum seal using the water immersion method.

Cook in the sous vide bath for one hour with the temperature set at 139 degrees F. When done, remove pork to a plate and discard sage leaves. Reserve the juice left in the bag for the gravy.

Heat oil in a skillet to medium high, then sear the pork quickly on each side until browned. Remember the pork is cooked through now. Set pork aside on a plate and make the gravy.

Add 2 tablespoons of butter to the skillet, then stir in the flour to make a paste. Pour in the reserved pork juices, wine, and chicken stock, whisking until thickened. Squeeze in the juice of half the lemon, the capers, and stir to combine. Nestle the pork scallops into the gravy, then top with remaining lemon slices. Heat until pork is warmed through. Serve with pan-gravy and sides of choice.