



WILLOW
VALLEY
COMMUNITIES



Chef Manny Martinez's Brown Butter Pecan Pork Chops

Ingredients:

| | |
|-----------------------------------|------------|
| 6 oz. pork chop | 4 |
| Water | 1/2 gallon |
| Salt | 1/2 cup |
| Cracked black peppercorns | 1 tsp. |
| Canola oil | 2 tbsp. |
| Butter | 2 tbsp. |
| Garlic cloves | 2 |
| Fresh sage | 2 leaves |
| Brown sugar pecan compound butter | 2 tbsp. |

Directions

1. To make brine, combine water and salt in a large bowl. Completely submerge pork chops. Let brine for 2—4 hours.
2. Preheat oven to 350 degrees.
3. Remove pork chops from brine; rinse under cold water and pat dry. Press evenly with peppercorns.
4. Heat canola oil on medium-high heat until you see a small amount of smoke forming around edge of pan.
5. Sear pork chop 2—4 minutes or until pork is golden and crust begins to form. Flip and repeat process for 2 minutes.
6. Add butter, crushed garlic cloves, and fresh sage. Allow butter to melt and begin to bubble. Baste pork continuously with butter for final minute of cook time on range top.
7. Bake pork for 15—20 minutes or until internal temperature is 145 degrees. Remove from oven and let rest for 3—5 minutes.

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WillowValleyCommunities.org/chef-of-the-month/*



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Chef Manny Martinez's Brown Sugar Pecan Compound Butter

Ingredients:

| | |
|----------------|----------|
| Salted butter | 1/4 lb. |
| Chopped pecans | 3 tbsp. |
| Brown sugar | 1 tbsp. |
| Fresh sage | 4 leaves |

Directions

1. Allow butter to soften at room temperature in order for it to become malleable.
2. Add in the toasted chopped pecans, brown sugar, and fresh sage.
3. Mix ingredients vigorously until incorporated well.
4. Lay out a piece of wax/parchment paper.
5. Lay out butter in a thick line and tightly roll while wrapping butter in the paper.
6. Place in refrigerator and allow the butter to fully harden. When hard, slice into coin-cut portions and 1/4 inch thick.

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Chef Manny Martinez's Roasted Brussels Sprouts

Ingredients:

| | |
|------------------------|----------|
| Fresh Brussels sprouts | 2 lb. |
| Olive oil | 1 tbsp. |
| Salt | 1 tsp. |
| Ground black pepper | 1/2 tsp. |

Directions

1. Preheat oven to 375 degrees.
2. Toss Brussels sprouts in olive oil, salt, and pepper.
3. Lay out evenly on a greased sheet pan.
4. Add about a 1/2 cup of water to the bottom of the pan and roast in the

oven for 25—35 minutes, or until Brussels sprouts start to char and are tender to the touch.

5. Serve immediately.

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Chef Manny Martinez's Mashed Sweet Potatoes

Ingredients:

| | |
|---------------|----------|
| Yams | 2 lb. |
| Salted butter | 1 tbsp. |
| Heavy cream | 1 tsp. |
| Brown sugar | 1/2 tsp. |

Directions

1. Boil a pot of lightly salted water (enough to cover potatoes).
2. Peel and cut potatoes into about 1.5 inch cubes.
3. Add the potatoes to the water and boil until tender and can be easily pierced with a fork.
4. Remove potatoes from the water and process through a food mill or mash with a fork.
5. Add the brown sugar and mix well with the potatoes.
6. Warm the heavy cream and butter and add to the processed potatoes in small amounts at a time, being sure not to add too much—which will great a soup-like consistency.
7. Potatoes should be thick and fluffy with little to no lumps. Serve and enjoy!

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