



Balsamic Pork Chops & Couscous

shared by:
Fire Station 51
8935 SW Burnham Street, Tigard



Veggie Couscous

1 cup couscous
1 1/2 cups water
1 cup peeled, diced carrot
1 shallot, diced
1/2 cup mushrooms, sliced
1 cup broccoli, chopped
1 tablespoon olive oil

Directions

In a skillet, heat olive oil. Sauté carrots, shallot, and broccoli until softened. Add mushrooms and sauté for two minutes more. Add water and bring to a boil. Stir in the couscous. Turn off the heat, cover the pan, and allow to sit for five minutes. Add salt and pepper to taste and fluff before serving.

Balsamic Pork Chops

4 boneless pork chops
2 cups mushrooms, sliced
1 medium onion, diced
3/4 cup chicken broth
1/3 cup balsamic vinegar
2 tablespoons olive oil, divided

Directions

In a skillet, heat 1 tablespoon of olive oil. Add pork chops, seasoned with a little salt and pepper. Cook 3-4 minutes per side depending on thickness until done. Remove from pan and keep warm in foil. Meanwhile, add remaining olive oil, mushrooms, and onion to skillet. Sauté for about 5 minutes. Add the balsamic vinegar and chicken broth and bring to a boil. Allow the mixture to reduce stirring frequently. Once reduced, add the pork chops back to the pan to re-warm and baste with the balsamic reduction.

Station 51 is home to our Technical Rescue Team. The Technical Rescue Team is comprised of eight firefighters per shift who are highly-trained in extensive rescue operations (e.g., confined space, rope rescue, vehicle extrication, entrapment, structural collapse, etc.). While Station 51's immediate response area includes single and multi-family dwellings, industrial, and commercial structures in the Tigard area, because they are a specialty team, they respond to emergency incidents throughout TVF&R's 210 square mile service area.