

Grilled Pork Chops

Servings: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Make sure to buy thick pork chops (3/4 to one-inch thick) that are still attached to a piece of bone for grilling. You'll have several choices. The pork loin chop (sometimes called center cut pork chops) is probably the best. It has a T-shaped bone that's off to one side. The pork rib chop (also called the pork chop end cut) is next in line for tenderness. Moving down the hierarchy of taste and tenderness are the pork sirloin chops, pork top loin chops and the pork loin blade chops. Stick with the pork loin or pork rib chops for grilling. The others are good for pan frying. Pork chops can be grilled with just a sprinkling of salt and pepper. If you have the time, consider brining the chops first. Brining will keep the meat moist and help prevent overcooking.

- Four bone-in pork chops, 3/4 to 1 inch thick (2-1/2 to 3 pound total)
 - 2 teaspoons salt
 - 2 teaspoons ground black pepper
1. Sprinkle the salt and pepper evenly over both sides of the chops
 2. Fire up the grill and get it hot. (You should be able to hold your hand just above the grate for about two seconds.)
 3. Rub some olive or vegetable oil on the grill grate.
 4. Set the chops on the grill and sear on both sides for about one to two minutes on a side. Reduce the heat to medium. (You should be able to hold your hand just above the grate for about five seconds.)
 5. Cover the grill and continue cooking another three to four minutes on a side until the internal temperature reaches 155°F.
 6. Transfer the chops to a clean platter and let them rest for ten minutes, covered with foil. The juices will redistribute and the chops should finish cooking as the internal temperature rises to 160°F.

The Extra Touch: Mix together 1 tablespoon paprika, 1 teaspoon salt, 1 teaspoon sugar, 1 teaspoon black pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon onion salt, 1/8 teaspoon cayenne pepper and 1/8 teaspoon thyme; rub it on the meat the night before you're going to grill; wrap the chops in plastic wrap; and refrigerate.