



Marice's Foolproof Brined Pork Chops

Thick bone-in pork chops never turned out well for me, until I learned about brining. This is an easy and delicious way to get a perfect chop every time!



YOU WILL NEED

Thick bone-in pork chops

1 cup brown sugar

Good quality olive oil – I use Il Fustino flavored with herbs

Cast iron skillet – preferably one that is ribbed so you get the seared lines, but any oven-safe skillet will work

Meat thermometer

Salt, pepper, Old Bay, garlic powder, cayenne

INSTRUCTIONS

1. Combine 3 cups water, 3 tablespoons salt, and the other seasonings.
2. Bring to a simmer, and then cool to room temperature (I use a few ice cubes to do this).
3. Cover the chops and brine for 1 hour in the fridge.
4. Dry off the chops and bring to room temperature.
5. Heat up cast iron skillet with olive oil and sear the chops 3 minutes per side.
6. Put in 450 degree oven until meat thermometer is at 145°.
7. Take out and let rest. Salt/pepper to taste.
8. My family likes the chops served old-school with mashed potatoes, a vegetable, and salad.