

# PORK CHOPS

**Time: 3 hours plus brining time**

**Serves: 4**

## Ingredients:

4 end cut bone-in pork chops - approximately 300g each  
8g kosher salt  
1.5g fresh ground black pepper  
30g grapeseed or other neutral-flavoured oil

## Preparation:

Place the chops on the rack of a roasting pan, applying the salt and pepper evenly to both sides. Refrigerate for one to twelve hours.

Preheat your oven to 105C.

Place the roasting pan with the chops in the oven, cooking the chops to an internal temperature of 55C (approximately 2 to 2.5 hours).

Preheat a heavy frying pan on high heat and add the oil. Sear the chops one at a time for 30 seconds on each side.

Remove from heat and serve immediately.

## Nutritional Information Per Serving:

Calories: 480  
Fat: 26g  
Carbs: 0g  
Fibre: 0g  
Protein: 57g