

PERFECT PORK CHOPS

Time: 90 minutes (plus dry-brining time)

Serves: 4

Ingredients:

1.2kg bone-in pork loin chops – trimmed of fat
12g salt
4g garlic powder
3g fresh ground black pepper
2g ground fennel
2g ground rosemary
2g ground sage

Preparation:

Place pork chops on the rack of a roasting pan. Sprinkle salt evenly on both sides. Refrigerate uncovered for 2 hours to overnight.

Preheat your cooking device to 110C.

Combine the remaining ingredients in a spice shaker and dust both sides of the chops with the mixture.

Place the chops on the cooker on indirect heat and close the lid. Cook until the internal temperature of the chops reaches 50C.

Set the chops aside and bring the cooker to maximum temperature.

Sear the chops on direct heat, turning often, until the internal temperature reaches 60C.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 351	Hand-Size Portion Guide
Fat: 7g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 57g	Thumbs of fat: 0