



Lemon-Pepper Brined Grilled Pork Chops

March 21, 2024

Every wonder why pork chops taste better at a restaurant? Often times it is because they brine their chops to keep them juicy before cooking!

This recipe can be easily multiplied to accommodate more chops and larger pieces of meat.

Serves 2-4

Grilling Method: Combo/Medium Heat

Ingredients:

- 2 cups water
- 1/4 cup kosher salt
- 1/8 cup honey
- 1/2 teaspoon black peppercorns
- 2 lemons, sliced into rounds
- 3-4 cups ice
- Extra Virgin Olive oil
- Extra lemon cut into wedges for serving, optional
- Freshly ground pepper, optional for serving
- 2-4 single-cut bone-in pork chops, about 1-inch thick, brined for 30-60 minutes
- Olive oil

Method:

1. **Make the brine:** Boil 2 cups of water, add salt, honey and peppercorns and stir until completely dissolved. Add the cut lemons and press with a fork to release the juice.
2. Add the ice and stir. (Note: adding ice cubes to the boiled salt/sugar solution cools the brine faster.)
3. When the brine is cool, add the pork chops and let brine for 30-40 minutes.
4. Remove pork chops from basic brine. Pat dry with paper towels. Brush lightly on all sides with olive oil.
5. **Grill the pork chops:** Place the chops directly on the cooking grate over direct heat and grill for 1 minute on each side to mark. Turn off the burners directly under the chops and continue cooking for 10 minutes or until cooked through but not overcooked. It should



take 10 minutes for a thinner chop, 15 minutes for a thicker chop and 25 minutes for a double-cut chop.

6. If using a meat thermometer, the internal temperature should be 145F in the center of the chop.
7. Remove from grill to a clean platter and let rest 5 minutes. Serve with freshly ground pepper and additional wedges of lemon, if desired.