



JERNEJ KITCHEN

MARINATED GRILLED PORK CHOPS

Marinated Grilled Pork Chops are juicy, tender, and delicious. This simple recipe includes all the tips you need to make it at home outdoors or indoors.

MAKES	6	PORK CHOPS
PREPARATION:	10	MINUTES
MARINATING:	60	MINUTES
GRILL:	10	MINUTES
TOTAL TIME:	80	MINUTES

MARINADE

- 2 cloves of garlic
- 1 shallot
- 1 roasted red pepper (from a jar)
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp cumin
- 1 tbsp brown sugar
- 1 tbsp olive oil
- 2 tbsp sherry vinegar or apple cider vinegar
- 1 tbsp freshly squeezed lime juice
- 1 tbsp chopped parsley or coriander

PORK

- 700 g (1.5 pound) pork chops (6x pork chops thin cut 0.5 cm or 1/4 inch thick)

TOOLS AND EQUIPEMENT

- blender
- large plate or tray
- metal kitchen thongs

Sponsored

GRILLED PORK CHOP MARINADE

First, make the marinade for the grilled pork. In a blender combine garlic, shallot, roasted red pepper, smoked paprika, oregano, cumin, brown sugar, olive oil, vinegar, lime juice, and parsley or coriander. Mix until you get a smooth paste—season with salt and pepper.

MARINATE THE PORK CHOPS

Place the pork chops on a large plate or tray. Season with salt and pepper on both sides. Evenly spread the marinade over the meat and rub the mixture into the meat on both sides. Cover with cling film and place in the fridge for at least one hour, or even better, overnight.

GRILL

Half an hour before grilling, take the meat from the fridge and bring it to room temperature. Preheat an outdoor grill or indoor grill pan to 250°C (500°F). If you don't have a thermometer, an excellent way to check if the heat is high enough is by placing your hand about 10 cm (5 inches) above the grill racks. If you can't hold your hand over the racks for more than 2 seconds, then the grill is ready. Using metal kitchen thongs, add the marinated pork chops on the grill. Grill for 3 - 4 minutes on each side or until beautifully grilled and caramelized. Don't move them around while grilling.

SERVE

Remove the pork chops to a plate and leave to rest for about 5 minutes. Before serving, optionally sprinkle with chopped