

# All About Chops!



**MAKE 'EM**  
Tonight

**SHOP**  
Your Chops

Mix & Match Glazes,  
Rubs and Marinades



For more inspiration, tips and sizzling chop recipes to enjoy all year long, visit [PorkBeInspired.com](http://PorkBeInspired.com)

pork

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The most popular cut from the pork loin, chops offer cooking convenience and meal ideas galore. Five different pork chops and your favorite flavors equal countless possibilities!

## Know your Chops!

Here's what you need to know to pick your perfect chop.

### LOIN CHOP

The porterhouse of pork chops, loin chops are meaty and lean. They include two muscles – the tenderloin and loin – and a distinct T-shaped bone. Sold boneless, loin chops do not include the tenderloin.



### RIB CHOP

Cut from the center-front of the loin, these familiar chops contain a large piece of loin meat and a rib bone that lends flavor to the meat.

### TOP LOIN CHOP

Top loin chops are cut from above the loin chop and are boneless, lean and versatile. A 1 1/4-inch-thick top loin chop is often called the "America's Cut."

### BLADE CHOP

Cut from the loin nearest the shoulder, these flavorful chops are thick and marbled, with a back-rib bone and blade bone. They're often butterflied and called "Pork Loin Country-Style Ribs."



### SIRLOIN CHOP

Cut from the end of the loin area around the hip, sirloin chops are meaty, marbled and flavorful, and often include some of the hip bone.



## Juicy News! Be 145°F

For juicy, tender pork, the USDA recommends cooking chops, roasts and tenderloins to an internal temperature of 145°F with a 3-minute rest.

Be sure to use a digital cooking thermometer for delicious results.





# Bacon Pork Chops with BBQ Glaze

Prep Time: 5 min.  
Cook Time: 20 min.

## Great Glazes

For just-right glazes, brush on at the end of cooking as sugars in glazes can burn quickly.

### INGREDIENTS

4, 6-oz. boneless pork top loin chops, 1-in. thick	1/2 c. lager beer
1 tsp. coarse salt	1 tsp. canola oil
4 slices bacon, preferably maple-flavored	1/2 c. reduced-sodium chicken broth
4 tbsp. barbecue sauce	

### DIRECTIONS

Preheat oven to 400°F.

Season pork with salt. Wrap bacon around edge of each chop; secure with wood toothpick.

Combine 4 tbsp. barbecue sauce and 1/2 c. lager beer (or non-alcoholic beer).

Heat oil in large ovenproof skillet over medium-high heat. Stand chops bacon-side down in skillet, lean against side of pan if needed. With tongs, turn chops along bacon-wrapped edges to lightly brown bacon, about 3 1/2 min. (about 45 sec. to brown each section). Place chops, flat side down, in skillet; cook until underside is lightly browned, about 1 min. Turn chops over. Spread equal amount of beer/barbecue mixture over top of each chop, letting excess run into skillet.

Place skillet with chops in oven and bake for 10 min. or until internal temperature on a thermometer reads 145°F. Transfer each chop to a dinner plate and let stand while making sauce.

Drain fat from skillet, leaving browned bits. Heat skillet over high heat until hot. Add broth and bring to a boil, scraping up browned bits with wooden spoon; boil until reduced by half, about 2 min. Top each chop with spoonful of sauce and serve hot.

Serves 4

# Grilled Pork Chops with Basil-Garlic Rub

**Prep Time:** 20 to 30 min.

**Cook Time:** 10 to 12 min.

## INGREDIENTS

4 pork bone-in rib chops,  $\frac{3}{4}$ -in. thick

2 garlic cloves, peeled

1 c. fresh basil leaves, packed

2 tbsp. fresh lemon juice

2 tbsp. extra-virgin olive oil

1 tsp. coarse salt

$\frac{1}{2}$  tsp. freshly ground black pepper

## DIRECTIONS

With machine running, drop garlic through feed tube of food processor to mince. Stop, add fresh basil, and process until chopped. Add lemon juice, oil, salt and pepper; process to make thin, wet rub. Spread both sides of pork chops with basil mixture. Let stand 15 to 30 min.

Prepare medium-hot fire in grill. Brush grate clean and oil the grate. Grill chops over direct heat, turning once, to medium-rare doneness, 5 to 6 min. per side, or until internal temperature reaches 145°F, followed by 3-min. rest.

Serves 4

## Rub Right

Avoid over-seasoning and evenly distribute flavors by sprinkling dry rubs from about a foot above chops and then pat gently.





# Grilled Bone-in Pork Chops with Hawaiian Marinade

Prep Time: 5 min.

Cook Time: 10 min.

Marinating Time: 2 to 10 hr.

## Must Make Marinades

Marinades add big flavor with little hands-on time.

Simply let flavors set for a few hours or overnight, cook and serve.

### INGREDIENTS

4 bone-in pork loin chops, cut  $\frac{3}{4}$ -in. thick  
2 cans (6 oz. each) unsweetened pineapple juice (1  $\frac{1}{2}$  c.)  
3 scallions, white parts sliced into thin rounds  
3 tbsp. peeled and minced ginger

3 tbsp. reduced-sodium soy sauce  
2 tbsp. Asian dark sesame oil  
2 tbsp. light brown sugar  
 $\frac{3}{4}$  tsp. freshly ground black pepper  
 $\frac{1}{2}$  tsp. coarse salt

### DIRECTIONS

Mix pineapple juice, white parts of scallions, ginger, soy sauce, sesame oil, brown sugar, pepper and salt in large, resealable bag. Add chops, seal bag and refrigerate for 2 to 10 hr. Remove chops from marinade and pat off excess marinade with paper towels. Discard remaining marinade.

Prepare a medium-hot fire in grill. Brush grill grate clean and lightly oil grate. Grill chops directly over heat, 8 to 10 min., turning once, until internal temperature on a thermometer reads 145°F, followed by a 3-min. rest.

Serves 4

# Your Chop Your Way

Pork chops offer endless inspiration for flavorful meals. Have fun with your own rubs, glazes and marinades – or start with these delicious favorites!

## Rubs

Mix ingredients together. Sprinkle on both sides of chops and let stand. Cook chops to an internal temperature of 145°F with a 3-minute rest.

### SMOKY RUB

- 2 tsp. smoked sweet paprika
- 2 tsp. chili powder
- 1 tsp. dried thyme
- 1 tsp. coarse salt
- 1/2 tsp. granulated garlic or garlic powder
- 1/2 tsp. granulated onion or onion powder
- 1/2 tsp. freshly ground black pepper

### FIRE LOVER'S RUB

- 1 tbsp. chili powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 tsp. coarse salt
- 1/2 tsp. cayenne powder
- 1/2 tsp. granulated garlic or garlic powder
- 1/2 tsp. coarsely ground black pepper

### SWEET AND SPICY RUB

- 2 tsp. sweet paprika
- 2 tsp. light brown sugar
- 1 1/2 tsp. coarse salt
- 1 tsp. ground cumin
- 1 tsp. freshly ground black pepper
- 1/2 tsp. ground cinnamon
- Grated zest of 1 orange





# Glazes

Mix ingredients together. Brown chops in skillet or on grill. Brush on glaze in last few minutes of cooking. Cook chops to an internal temperature of 145°F with a 3-minute rest.

## MAPLE GLAZE

3 tbsp. pure maple syrup  
1 tsp. freshly ground black pepper

## PEACH-BOURBON GLAZE

3 tbsp. peach preserves  
1 tsp. bourbon whiskey  
1 tsp. melted unsalted butter

## HONEY-MUSTARD GLAZE

2 tbsp. whole-grain mustard  
2 tbsp. honey

# Marinades

Whisk ingredients together. Pour into large, resealable bag, add chops and refrigerate. Remove chops, discard marinade and cook to an internal temperature of 145°F with a 3-minute rest.

## BEER & MUSTARD MARINADE

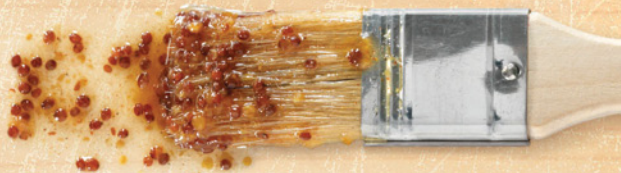
1 bottle (12 oz.) lager beer  
3 scallions, white and green parts, chopped  
¼ c. whole-grain mustard  
¼ c. molasses (not blackstrap)  
2 tbsp. canola oil  
1 tsp. coarse salt  
1 tsp. hot red pepper sauce

## CURRIED YOGURT MARINADE

1 small onion, coarsely chopped  
2 tbsp. peeled and coarsely chopped fresh ginger  
2 garlic cloves, coarsely chopped  
1 c. plain nonfat yogurt  
2 tsp. curry powder  
1 tsp. coarse salt  
½ tsp. freshly ground black pepper

## ITALIAN RED WINE MARINADE

1 ½ c. hearty red wine, such as Shiraz  
3 tbsp. balsamic vinegar  
3 tbsp. extra-virgin olive oil  
1 tbsp. Italian dried herb seasoning  
2 garlic cloves, minced  
½ tsp. coarse salt  
½ tsp. freshly ground black pepper



# Italian Pork with Vegetable Sauté

Prep Time: 10 min.  
Cook Time: 12 min.

## Chop, Chop!

Fresh chops cut into cubes or strips are a delicious addition to stir-frys, fajitas or casseroles. Leftover chops can also top salads or sandwiches the next day.



### INGREDIENTS

1 lb. boneless pork sirloin chops, cut into 1-in. cubes  
2 tbsp. olive oil, divided  
1-2 large diced bell peppers, cored and cut into 1/2-in. pieces  
10 oz. cremini mushrooms, sliced  
3 scallions, white and green parts, thinly sliced

Coarse salt  
Fresh ground black pepper  
1 tbsp. all-purpose flour  
1/2 c. dry white wine, such as Pinot Grigio,  
or non-alcoholic varietal grape juice

### DIRECTIONS

Heat 1 tbsp. oil in large ovenproof skillet over medium-high heat. Add red pepper and cook, stirring often, until it begins to soften, about 1 min. Add mushrooms and cook, stirring often, until juices evaporate, about 5 min. Stir in scallions and cook until wilted, about 1 min. Transfer to plate.

Season pork with 1/2 tsp. salt and 1/4 tsp. pepper. Add remaining 1 tbsp. oil to skillet and heat. Add pork and cook, turning occasionally, until browned and meat is slightly pink when pierced to the center with tip of sharp knife, about 5 min. Sprinkle with flour and stir with wooden spoon to coat pork.

Add wine and 1/2 c. water and bring to a boil, scraping up browned bits in pan with wooden spoon. Return vegetables to pan and cook until sauce is thickened, about 1 min. Season with salt and pepper. Serve hot.

Serves 4



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