

brown sugar  
glazed

**Canadian**

*pork chops*



**PORK·PORC**  
MARKETING CANADA

Recipe and image  
courtesy of Manitoba Pork

# Brown Sugar Glazed Canadian Pork Chops

**PORK · PORC**  
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6 boneless Canadian  
pork loin chops,  
about 1" (2.5 cm) thick

½ cup / 125 mL brown  
sugar, firmly packed

½ cup / 125 mL  
apple juice

¼ cup / 50 mL  
canola oil

1 Tbsp / 15 mL light or  
sodium-reduced  
soy sauce

½ tsp / 2 mL  
ground ginger

Salt and pepper  
to taste

1 Tbsp / 15 mL  
cornstarch

½ cup / 125 mL  
water

Preheat grill on high for 10 minutes. Meanwhile, in a small sauce pan, combine brown sugar, apple juice, canola oil, soy sauce, ginger, salt and pepper. Bring to a boil. Combine cornstarch and water in a small bowl and whisk into brown sugar mixture. Stir until thick. Grill chops on oiled grill over medium-high heat, about 6-8 minutes per side (to an internal temperature of 155°F (68°C)). Brush often with glaze and again before removing chops from the grill. Do not overcook.

Yield: 6 servings

**Did you know?**

*To cook Canadian pork loin chops to their juicy and flavourful best, use a meat thermometer to determine doneness.*

A 100 g average serving of raw, trimmed Canadian pork contains 129 calories, 22 g protein, 3.9 g fat and 0 g carbohydrates.