

How to...

Make Perfect Pork Chops

Chop vs. Steak?

Pork chops can be purchased boneless or bone-in; arguably bone-in chops have a bit more flavourful meat. Pork chops with a bone in can be "frenched", where the meat is scraped away to expose the tip of the bone. This is done for aesthetic reasons.

Loin centre chops, rib chops, and sirloin chops are all similar in taste, but are cut from slightly different areas. Loin centre chops tend to be the leanest pork chop, but many meat experts and consumers believe that the rib chop and sirloin chop have more flavor due to their higher fat content. Shoulder chops are usually darker in colour, have a stronger flavour and contain more fat than other pork chops. Many chefs believe that the shoulder produces the tastiest cuts of meat.

Oven Roasting Pork Chops

Pre-heat oven to a temperature of 400°F (200°C). Season pork chops evenly with salt and pepper. Heat oil in a grill pan set over medium-high heat. Brown the pork chops, in batches, on both sides and transfer to a rack on a rimmed baking sheet. Cook for around 10 minutes, or until an instant-read thermometer registers an internal temperature of 155°F (68°C). Cover chops in aluminum foil and let rest for at least three minutes. Remember that Bone-in pork chops typically cook a bit faster than boneless chops, so allow a few extra minutes of cooking time for boneless pork chops. Also keep in mind that the thicker the pork chop, the longer and slower you should cook it.

Grilling Pork Chops

Thicker pork chops, either boneless or bone-in, are fantastic on the BBQ with a rub.

Rub pork chops with seasonings. Preheat BBQ on HIGH for 10 minutes before cooking. Place chops on grill & sear on each side (about 1 min/side). Reduce heat to MEDIUM. Brush chops with BBQ sauce, if desired, and close lid. Continue cooking for approximately 3 - 4 minutes per side (cooking time depends on thickness of chops). Use a meat thermometer to check for doneness: cook to an internal temperature of 155°F (68°C). Thicker pork chops, either boneless or bone-in, are fantastic on the BBQ with a rub.



Pan-frying "Fast Fry" (thin, boneless) Pork Chops

Thin, boneless pork chops are usually very lean and can easily be overcooked. Broiling or pan-frying is a quick way to cook them without drying them out.

Pat pork chops dry with paper towel and season as desired. Place pan over medium high heat. Lightly spray or oil frying pan. Place pork in the frying pan, panfry until the pork is golden brown on one side (about 3 minutes); turn and broil or panfry the other side until golden brown (another 3 - 4 minutes).

Thin, boneless pork chops are also great for cutting into strips for stir-fry or noodle dishes or into small cubes for soups.