

Pork Chops with Brine

We hate to admit it, but sometimes we find a nice cut of meat that we've overlooked in the freezer. If it is just freezer burned, and not ruined, Nana will brine it before cooking to ensure it is still moist and delicious. Brining is a tried-and-true tradition of marinating meat in a solution that is primarily water and salt. The brine also increases the tenderness of the meat by pulling moisture in. Nana also brines all the rooster meat when we decide we need to thin our rooster population.

Ingredients

Brine

- 3 cups cold water, divided
- 3 tablespoons salt
- 2 cloves garlic, chopped
- ½ teaspoon black peppercorn

Pork Chops

- 4 pork chops
(3/4-inch to 1-inch thick)
- fajita seasoning
- olive oil



Instructions

- ❖ Bring 1 cup of water to a boil. Add the salt, garlic, and peppercorns. Stir to dissolve salt.
- ❖ Remove from heat, and add 2 more cups of cold water to bring the temperature of the brine down to room temperature.
- ❖ Place pork chops in a shallow dish to brine. Pour brine over the chops. (If there is not enough to cover them, add more water and salt using a ratio of 1 cup of water to 1 tablespoon salt.)
- ❖ Cover and refrigerate for 30 minutes or up to 4 hours.
- ❖ Once the pork chops have brined, pat dry, then season with fajita seasoning.
- ❖ Using a cast iron skillet, heat olive oil on medium-high heat. Add pork chops to hot pan and brown on each side.
- ❖ Transfer to an oven safe dish, cover, and cook at 300 degrees Fahrenheit for about 30 minutes, or until the pork chops are done.

Serve with Nana's creamy garlic sauce.


Nana's Kitchen
Made With Love and Purpose