

Basic Grilled Pork Chops

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*4 one-inch-thick boneless
pork chops*

salt (to taste)

vegetable oil

SICHUAN PEPPERCORN RUB

*2 tablespoons Sichuan
peppercorns*

4 teaspoons sesame seeds

*1 teaspoon red pepper
flakes*

*1 teaspoon Chinese five-
spice powder*

*1 teaspoon light brown
sugar*

1/2 teaspoon garlic powder

BARBECUE RUB

1 tablespoon paprika

*1 tablespoon light brown
sugar*

*2 teaspoons ancho chile
powder*

1 teaspoon ground cumin

*1/2 teaspoon mustard
powder*

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon pepper

FENNEL-CORIANDER RUB

1 tablespoon fennel seeds

*1 tablespoon coriander
seeds*

*1 teaspoon grated lemon
zest*

1/2 teaspoon garlic powder

*1/2 teaspoon red pepper
flakes*

Make the rub of your choice for the pork chops; Sichuan Peppercorn Rub, Barbecue Rub or Fennel-Coriander Rub. See recipes below.

Season the pork chops on both sides with salt. Rub all over with vegetable oil. Sprinkle with your choice of the spice rubs, using all of the rub.

Grill over medium-high heat until cooked through and a thermometer inserted into the centers registers 145 degrees, 4 to 5 minutes per side.

Make Sichuan Peppercorn Rub: In a spice grinder, pulse the peppercorns with the sesame seeds and red pepper flakes until cracked. Transfer to a small bowl. Mix in the five-spice powder, sugar and garlic powder.

Make Barbecue Rub: In a small bowl, mix the paprika and light brown sugar with the ancho chile powder, cumin, mustard powder, garlic powder, onion powder and pepper.

Make the Fennel-Coriander Rub: In a spice grinder, pulse the fennel seeds and coriander seeds until roughly ground. Transfer to a small bowl. Mix in the lemon zest, garlic powder and red pepper flakes.

Per Serving (excluding unknown items): 201 Calories; 9g Fat (36.7% calories from fat); 6g Protein; 30g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.