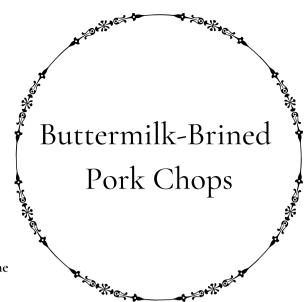# Buttermilk-Brined Pork Chops

Makes: 4 servings
Prep Time: 5 minutes Cook Time: 15 minutes
Total Time: 25 minutes plus 8 hours minimum brine time

Ingredients

- 1 & 1/2 cups buttermilk
- 2 tbsp brown sugar, packed
- 4 tbsp olive oil, divided
- 4 cloves garlic, smashed
- 2 dried bay leaves
- 2 tsp hot sauce (or 1 tsp red pepper flakes + 1 tsp vinegar)
- 4 bone-in, center-cut pork chops
- Kosher salt (or all purpose seasoning)
- freshly ground pepper (or peppercorns)

Instructions

Mix buttermilk, brown sugar, 2 tablespoons olive oil, garlic, bay leaves, and hot sauce together in a large shallow bowl or ziplock bag. Add the pork chops to the brine, ensuring they are completely submerged. If using a bowl, cover it. Refrigerate pork chops in brine for at least 8 hours and up to 24 hours.

Remove the pork chops from the brine. Discard the brine. Rinse the pork chops and dry with paper towels.

Rub or brush pork chops with two tablespoons of olive oil then season with salt and pepper or all-purpose seasoning. Let the meat sit at room temperature for 15-30 minutes.

Preheat grill to medium high heat (about 375°) and lightly brush the grates with vegetable oil. Grill pork chops for 5-7 minutes per side over direct heat, depending on the thickness of the chops.

Use a meat thermometer to take the internal temperature of the largest pork chop. Pork is done when it reaches an internal temperature of 145°F.

Let pork rest for 5 minutes before serving. Garnish with parsley, if desired.

Chef's Notes:

For other methods of cooking the pork chops, see below (my favorite method is grilling them).

To pan fry pork chops:

Preheat your skillet (cast iron is perfect for this!) on medium high heat and add 1/4" of cooking oil.
Gently add pork chops to the skillet without overcrowding them. If your skillet is too small, fry them in batches.
Cook for 4-5 minutes per side. Use a meat thermometer to measure the internal temperature of the meat. Pork chops are done when they reach an internal temperature of 145º

To air fry pork chops:

Preheat your air fryer to 400º for 5 minutes. Cook pork chops in air fryer at 400 degrees for 5 minutes, then flip and cook for another 5 minutes.
Use a meat thermometer to measure the internal temperature of the meat. Pork chops are done when they reach an internal temperature of 145º

To bake pork chops:

Preheat the oven to 375º. Place the pork chops in an oven safe dish and bake for 15 minutes.
Use a meat thermometer o take the internal temperature of the largest pork chop. Pork is done when it reaches an internal temperature of 145º.
To give the pork chops a golden, seared look, place them under a broiler for 2-3 minutes.

Recipe from The Feathered Nester