



Maple-Dijon Pork Chops

Makes: 4 Servings

Prep Time: 12 minutes Cook Time: 15 minutes

Total Time: 27 minutes

Ingredients

- 4 bone-in pork rib chops (about 1-inch thick)

For Rub:

- 2 tsp sea salt
- 2 tsp onion powder
- 1 tsp marjoram
- 1/2 tsp black pepper
- 1/4 tsp garlic powder
- 1/2 tsp herbes de Provence (optional)

For Glaze:

- 1/4 cup real maple syrup
- 2 tbsp Dijon mustard
- 2 tsp olive oil

Garnish:

- 2 tablespoons/30 mL fresh tarragon leaves (or flat leaf parsley), chopped

Instructions

Preheat grill for high heat. In a small bowl, combine maple syrup with mustard and olive oil. Set aside.

Assemble rub ingredients and evenly pat onto both sides of pork chops. Place onto grill and cook for 8-12 minutes, turning occasionally. The internal temperature of the chop should be

145°F.

During the last 3 to 4 minutes of cooking, brush on maple glaze. Cook for 1 minute, turn and repeat the process. (Make sure to keep a close eye during this phase as the sugar content in the maple syrup can cause flare-ups.)

Once chops are cooked through, remove from heat and place onto a platter. Let rest for 5 minutes and garnish with chopped tarragon or parsley leaves. Serve and enjoy!

Chef's Note:

- If it's not grilling season, you can always sear the pork chops in a bit of olive oil. Then put the glaze on them and roast in the oven at 400°F until you reach an internal temperature of 145°F, approximately 12 minutes for a 1-inch chop.

Recipe adapted from The Spruce Eats