



Reverse Sear Pork Chops

Prep Time: 1-4 hours Cook Time: 45 min Yield: 2 servings

Ingredients

For the brine:

3 cups cold water, divided
3 tbsp kosher salt
2 cloves of garlic, smashed
1/2 tsp black peppercorns
Juice of 1/2 lemon

For the pork chops:

2 pork chops, 1 inch thick
1 tbsp sunflower or canola oil
salt & pepper

Instructions

- Bring 1 cup water to a boil and add seasonings. Stir until salt is dissolved then add 2 cups cold water. Place chops in shallow dish or ziploc bag and pour brine over the top. Refrigerate 1-4 hours.
- Preheat oven to 250 degrees. Remove chops from brine and pat dry. Season with salt and pepper on both sides. Bake chops on a rack until internal temperature is 120 degrees, or about 35 minutes.
 - While chops are baking heat a skillet over medium-high heat and add oil. When chops are done immediately place in hot pan and sear 3 minutes per side. Remove to a plate to rest 5 minutes before serving. Garnish with lemon.