

PORK MARINADE

Ingredients

- 4 bone in pork chops, 2 cm / 4/5" thick about 280g/9 oz each (Note 1)
- 1 tbsp oil

Marinade:

- 1/3 cup / 85 ml soy sauce (light or all purpose, not dark)
- 2 tbsp brown sugar
- 2 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 2 garlic cloves, minced
- ¼ tsp black pepper



Instructions

1. Place Marinade ingredients in a ziplock bag. Massage to combine.
2. Add chops. Massage to coat in the Marinade. Marinate for 1 – 24 hours. (Note 2)
3. Take the chops out of the fridge 20 minutes before cooking.
4. Brush BBQ grill or drizzle oil in pan, heat on medium high. Add pork and cook for 4 minutes or until the underside is caramelised and the pork releases from the grill, then turn the chops and cook for 3 minutes (Note 2 for thin chops).
5. Baste both sides with residual marinade in ziplock bag, then cook the basted side for 30 seconds before serving. The chops should have a great crust
6. Transfer chops to a plate, cover loosely with foil. Rest for 3 minutes before serving.