

How To Cook Tender & Juicy Pork Chops in the Oven

Serves 2-4

For the brine (optional)

- 720 ml cold water, divided
- 3 T kosher salt (or 2½ T table salt)
- 2 smashed garlic cloves
- ½ tsp black peppercorns
- 1 bay leaf

For the pork chops:

- 2 to 4 center cut, bone-in pork chops (19-mm to 2.5 cm thick, about 450 g each)
- Olive oil
- Salt
- Pepper



Brining:

Brining adds flavor and ensures juiciness in the finished chop.

1. Bring 240 ml of the **water** to a boil
2. Add the **salt** and **flavorings**, and stir to dissolve the salt.
3. Add 480 ml more C of cold water to bring the temperature of the brine down to room temperature.
4. Place the chops in a shallow dish and pour the brine over top. The brine should cover the chops — if not, add additional water and salt (240 ml water to 1 T salt) until the chops are submerged.
5. Cover the dish and **refrigerate for 30 minutes or up to 4 hours**.

Heat the oven and skillet:

1. Preheat to **200°C**.
2. Place a large oven safe skillet in the oven to preheat. While the oven heats, prepare the pork chops.

Seasoning:

1. Remove the **chops** from the brine.
2. Pat dry with paper towels.
3. Rub both sides with **olive oil**, then season with **salt** and **pepper**. Set the chops aside while the oven finishes heating.

Remove the skillet from the oven:

1. Using oven mitts, carefully remove the hot skillet from the oven and set it over **medium-high heat** on the stovetop.
2. Turn on a vent fan or open a window.

Searing:

1. Place the chops in the hot skillet. You should hear them immediately begin to sizzle.

2. Sear until the bottom of the chops are golden-brown, **about 3 minutes**. The chops may start to smoke a little — that's ok. Turn down the heat if it becomes excessive.

Flip and transfer to the oven:

Use tongs to flip the pork chops. Using oven mitts, immediately place the skillet in the oven.

Roast the chops until cooked through:

1. Roast until the chops are cooked through and register **60°C** to **63°C** in the thickest part of the meat with an instant-read thermometer. **Cooking time will be 6 to 10 minutes** depending on the thickness of the chops, how cool they were at the start of cooking, and whether they were brined. Start checking the chops at 6 minutes and continue checking every minute or two until the chops are ready.

Rest the chops:

Transfer the pork chops to a plate and pour any pan juices over the top (or reserve for making a pan sauce or gravy). Tent loosely with foil and let the chops **rest for at least 5 minutes before serving**.