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GRILLED PORK CHOPS - SLOW COOKING METHOD

I used two different types of pork chops and both worked out well cooked at a low temperature for about 30 minutes then finished on the grill. Pork blade chops cut from the pork shoulder have more marbling and handle the grill's high heat well. Left-over grilled pork blade steak is excellent added to fried rice or a ramen bowl.

Pork loin chops are typically cut quite thick and have less marbling can be tricky but they were perfect when cooked this way as well. I use 200 degrees for the slow cooking but you can go as low as 160 degrees, just allow a little extra time. Some grilled pineapple slices would of course be perfect as an accompaniment to these grilled chops.

Ingredients

2 bone-in pork loin chops
2 pork blade chops
2 tbsp BBQ dry rub seasoning
2 tbsp heat-tolerant vegetable oil
BBQ sauce optional

Preparation

Heat the oven in the Convection or Convection Bake mode at 200 degrees or heat the Steam oven in the Combination Convection Steam Mode at 200 degrees.

Place the chops on a shallow rimmed baking sheet, season with your preferred BBQ seasoning, and coat each side of the chops with the oil. I didn't add salt because the dry rub had a fair amount but add salt to taste.

Cook for 30 minutes, brush the chops with the BBQ sauce is using, and finish the cooking on the grill, allowing approximately 4 minutes per side.



Grilled Pork Chops and Apricot Chutney

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