

Canadian Pork Loin Chops

Oscar · 29/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

4 hrs 50 mins

Description

I came up with this recipe as I love maple and mustard. We wanted to add more flavor and not dry out the boneless loin chops. Spice rub marinade lightly breaded with a maple-mustard glaze and cooked in garlic-flavored oil, a great Canadian recipe. This is also great on the BBQ. Perfect with roasted potatoes and a coleslaw.

Ingredients

- 1 ½ tablespoons brown sugar - 1 ½ teaspoons sea salt - ½ teaspoon garlic powder - ½ teaspoon onion powder - ½ teaspoon paprika - ¼ teaspoon freshly ground black pepper - ¼ teaspoon dry mustard - ¼ teaspoon crushed fennel seeds - 6 boneless pork loin chops
- 1/2 inch thick - ¼ cup pure maple syrup
- preferably dark amber (Grade B) - 2 tablespoons spicy brown mustard - 1 pinch garlic powder - 1 pinch paprika - 1 pinch freshly ground black pepper - 1 pinch cayenne pepper (Optional) - ½ cup seasoned bread crumbs - 1 tablespoon olive oil - 1 tablespoon canola oil - 1 clove clove garlic
- crushed

Instructions

1. Whisk brown sugar
2. sea salt
3. 1/2 teaspoon garlic powder
4. onion powder
5. 1/2 teaspoon paprika
6. 1/4 teaspoon black pepper
7. dry mustard
8. and fennel seeds together in a small bowl. Pat pork loin chops dry with a paper towel. Score the meat on both sides
9. 1/8-inch deep in cross-hatch lines spaced 1/2-inch apart
10. with a sharp knife; rub spice mixture onto all sides of pork chops and into scored lines. Cover chops; refrigerate for 4 to 6 hours. Whisk maple syrup
11. brown mustard
12. pinch of garlic powder
13. pinch of paprika
14. pinch of black pepper
15. and cayenne pepper together in a small bowl; set aside. Coat pork chops on all sides with seasoned bread crumbs. Heat olive oil and canola oil in a large skillet over medium-high heat. Stir garlic into pan
16. and cook until lightly browned and fragrant
17. about 1 minute; remove garlic from pan and discard. Place pork chops into skillet in batches to avoid crowding; cook chops until lightly browned
18. 2 to 3 minutes per side. Return all pork chops to skillet; reduce heat to medium. Drizzle half the maple syrup mixture over pork chops. Turn chops and cook until glazed
19. 1 to 2 minutes. Drizzle remaining maple syrup mixture over pork chops; turn and cook until glazed
20. 1 to 2 minutes. Reduce heat to low; cover pork chops and cook until slightly pink in the center
21. about 5 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). WestCoastMom Recipe Tips The breading should be very light
22. just enough to coat the chops and keep the moisture and seasonings in. Be sure not to crowd the pan so the coating crisps up evenly. This recipe can be used for thicker chops or bone-in chops; adjust cooking times. If grilling outdoors
23. lightly oil the rack and spray the outside of the chops with oil after coating with bread crumbs. Grill on both sides until crisp
24. then baste both sides with the maple mustard glaze
25. flipping frequently until cooked through.