

A recipe from
DAD'S COOKBOOK



Rating:



Pineapple Pork Chops

Adapted from Ideas Seen on "Grill It! With Bobby Flay"

Pineapple is so sweet that not many meats pair well with it. However, pork can "take the heat." This recipe built itself in my head as I watched Bobby on TV...

4-6 boneless loin pork chops, 1 inch thick
kosher salt and fresh coarse-ground black pepper, to taste
1 pineapple, peeled, cored, in rings
light olive oil
12 oz pineapple juice
4-6 oz white wine, like a Moscato
2 Tbsp brown sugar
½ tsp chile oil
¼ tsp Chinese five spice
2-3 Tbsp minced cilantro, garnish

¼ tsp cinnamon
¼ tsp powdered ginger
⅛-¼ tsp cayenne powder (to taste)
⅛-¼ tsp chipotle powder (to taste)

Clean and set your grill for two zones of heat: Medium-high for the chops, and medium for the pineapple. Season the chops and spray or brush the pineapple lightly with oil to prevent sticking.

While the grill heats up, begin to make the sauce. In a medium saucepan over medium-high heat, combine all remaining ingredients except the cilantro and bring to a boil. Reduce the volume by about half, or until sauce coats a spoon. (If you prefer, use 1 Tbsp cornstarch in ¼ cup wine or juice to thicken.) Set aside.

Grill chops to internal temperature of 155-160° F, turning 1-2 times to get some nice grill marks on the meat. At the same time, grill the pineapple, turning to get some nice color and marks on the rings. Don't over-cook the pineapple!

Place a line of pineapple rings on a long, festive serving dish. Top each ring with a chop. Generously coat chops with sauce, then garnish and serve. Put remaining pineapple and sauce on the table for your diners to enjoy.

Yield: Four to six servings

Preparation time: 15 minutes

Cooking time: 20-25 minutes for sauce, 10-15 minutes for chops and fruit

