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BBQ Brown Sugar Glazed Pork Chops

Yield: 6 servings

Ingredients

6 boneless Canadian pork loin chops, about 1 inch (2.5 cm) thick, ½ cup (125 mL) brown sugar firmly packed, ½ cup (125 mL) apple juice, ¼ cup (50 mL) canola oil, 1 Tbsp (15 mL) reduced-sodium soy sauce, ½ tsp (2 mL) ground ginger, salt and pepper to taste, 1 Tbsp (15 mL) cornstarch, ½ cup (125 mL) water

Cooking Instructions

Preheat grill on high for 10 minutes. Meanwhile, in a small sauce pan, over medium heat, combine brown sugar, apple juice, canola oil, soy sauce, ginger, salt and pepper, to taste; bring to a boil. In a measuring cup or small bowl, whisk cornstarch into the water and whisk into brown sugar mixture. Cook, stirring constantly until bubbling and thickened. Reduce grill to medium-high heat. Grill chops on oiled grill, brushing often with brown sugar glaze, about 6 to 8 minutes per side, or until digital thermometer inserted sideways into the centre of each chop reads 160°F (71°C). Do not overcook.

Adapted from: www.putporkonyourfork.com