

Quick Brine for Pork Chops

For Juiciest Pork Chops, Use a Quick Brine (30 Minutes!)

After you bring your pork chops home, time to brine! Brining pork chops is one of the best ways way to guarantee a juicy cooked pork chop. Even a quick 30-minute brine (or up to four hours) makes a big difference.

A basic brine is a solution of 1/4 cup (4 tablespoons) salt to 1 quart (4 cups) of water. Lay the pork chops in a single layer in a shallow dish and then pour the brine over top. Let this sit for anywhere from 1/2 hour to 2 hours before cooking.

It's not strictly necessary — you can still use this method to make great pork chops even without brining — but if you have some extra time, I recommend it. Brining actually changes the cell structure within the meat, resulting in a noticeably juicier chop. The salt brine also seasons the interior of the meat. It won't taste

“salty” — just well-seasoned. You can even add other seasonings, like garlic, peppercorns, fresh herbs, and lemon, to the brine for more flavor. If you fear bland pork chops, definitely give brining a try.