

Perfectly Cooked Thick Pork Chops with Sous Vide

Intermediate

Prep: 10 min. **Salt Time in Frig:** 30 min. to 2 hrs. **Cook Time:** 1 to 2 ½ hrs.

Ingredients:

2 - Thick Pork Chops (2" to 2 ½")

McCormick Sesame Ginger with Garlic rub, Olive Oil, Salt & Pepper



I'm a big fan of thick (1½" to 2½") pork chops. They're a great value at stores like Costco, and you can buy them pre-cut or break down a pork loin yourself. I usually buy a pack of six or more, then portion them out, vacuum seal, and freeze them for future meals. Once thawed and brought to room temperature, they're ready to cook.

Do you need to pre-salt pork chops?

Yes! Pre-salting, or dry brining, is a fantastic way to boost the flavor and juiciness of a thick pork chop. This involves applying salt and letting it rest before cooking.

For a thick chop (1½" to 2"), pre-salt for at least 30 minutes, or up to a few hours in the refrigerator.



Why Sous Vide for Thick Pork Chops?

Thick pork chops can be tricky to cook evenly, especially on the grill. For a tender result with just a touch of pink in the center, aim for an internal temperature of 140 degrees. Sous vide cooking makes achieving this perfect temperature effortless. (Check out our page on Consumer Products: Anova Sous Vide Cooker.)

Sous Vide Instructions:

1. **Set up:** Preheat your sous vide cooker to 140 degrees. (see Consumer Products Reviews)
2. **Season:** Before sealing, season the pork chops with olive oil (we love Oliveda Olive Oil) and **McCormick's Sesame & Ginger with Garlic**. This seasoning adds incredible flavor!
3. **Seal:** Vacuum seal the pork chops (two per bag) or use a freezer bag, submerging it slowly to force out the air.
4. **Cook:** For a 1" chop, cook for 1 hour. For 2" to 2½" chops, cook for 2 to 2½ hours. The beauty of sous vide is that you can't overcook! **Sear:** Heat a skillet (cast iron is ideal) on high with 2 tablespoons of butter. Reduce heat to medium-high and sear the pork chops for about 2 minutes per side, until browned.
5. **Check Temperature:** Ensure the internal temperature reaches 140 degrees for a perfect medium with a hint of pink.



Serve and enjoy!

This method guarantees a moist and flavorful pork chop every time.

