

Marinated Pork Chops



Ingredients

2 garlic cloves, crushed	
1 tsp piece fresh ginger, peeled	
1 tbsp honey	
1/2 cup chicken stock	
1 tbsp soy sauce	
1 orange, zest and juice	
1/2 tsp Chinese five spice powder	
4 thick cut pork chops, bone in	
1 cup orange juice, extra (fresh or bottled)	
1 tbsp soy sauce, extra	

Directions

Step 1 – To make the marinade, combine the garlic, ginger, honey, chicken stock, soy sauce, orange zest and juice and spice powder in a Ziplock bag, then add the pork chops. Ensure the chops are covered well and leave to marinate for a few hours or overnight.

Step 2 – Before cooking, combine the extra orange juice and soy sauce in a small saucepan and bring to a simmer. Reduce the liquid by half then set aside.

Step 3 – Heat the BBQ to medium heat (180 - 200°C) and prepare the BBQ for direct cooking, ensuring the grills are clean.

Step 4 – Remove the chops from the marinade and pat dry. Discard the marinade. Place the chops onto the grill and cook on both sides until cooked through and slightly charred. While cooking, glaze with the reduced orange juice and soy sauce mixture. Ensure the meat has reached an internal temperature of 70°C. Brush the chops with the glaze mixture just prior to serving.

