

Juicy Grilled Pork Chops with Mango Salsa

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Recipe source: [Simply Recipes](#) for the mango salsa; Ann Johnson for bringing it all together



INGREDIENTS:

- 4 bone-in center cut pork chops, ideally about an inch thick
- ¼ cup kosher salt
- ¼ cup brown sugar
- 5 cups cold water
- Optional: Tajin, a citrus spice blend commonly found in Latinx markets

For the salsa:

- 2 ripe mangos, peeled, pitted, and finely diced
- 2 tablespoons red onion, finely chopped
- 1/2 jalapeño, minced – taste the chili and adjust the quantity to suit your taste
- 3 tablespoons fresh cilantro, chopped (Note: If you have a cilantro-hater in the family like me, feel free to substitute chopped parsley or chopped Mexican oregano)
- 3 tablespoons freshly squeezed lime juice

DIRECTIONS:

- **Brine the pork chops:** This is a key step for keeping meat moist and juicy through the cooking process. Essentially you are giving the chops a nice long soak in salty water. How long? Some recipes say between 30 minutes and 6 hours. I recommend a brine soak for about 3 hours. Much more than that will result in super-salty meat.
- Combine the salt and brown sugar in the water, stirring vigorously with a whisk to dissolve them. You may add optional spices to the brine water, such as Tajin, black peppercorns, bay leaves, garlic cloves, or other seasonings.

- Put the chops in a baking dish with high sides or in a sealable plastic storage bag. Pour the brine into the dish or bag, covering the chops. Cover and chill for approximately 3 hours.
- When it's time to grill the chops remove them from the brine, rinse in cold water, and pat dry.
- **Meanwhile, make the salsa:** Combine all salsa ingredients in a medium bowl and stir to combine. Chill until ready to serve.
- **Grill the pork chops:** Prepare the grill by establishing a medium-high flame and oiling the grates.
- Cook the chops about 4 minutes on each side, or until the temperature reaches about 140 degrees on an instant-read thermometer.
- Remove from the heat and let the chops rest for about 10 minutes before serving.