Pork Basics: Chops and Tenderloin

Quick · Serves 4

Ken's note: TBD

Chops and tenderloin both cook to 145°F, then rest. A little blush of pink is right. Both dry out fast, so go by a thermometer.

Ingredients

Chops

- 4 bone-in chops, 1 inch thick (8–10 oz each)
- Kosher salt, about ½ tsp per chop
- Black pepper
- Neutral oil, butter

Tenderloin (1–1½ lb)

- 1 or 2 pork tenderloins, trimmed of silver skin
- Salt, black pepper, oil

Method

1. Salt at least 30 minutes ahead (an hour or more is better) and pat dry. For thicker chops, see Brined Thick-Cut Pork Chops.
2. Season and sear in a hot ovenproof skillet 2–3 minutes per side, then roast at 400°F 12–15 minutes to 140–145°F. Or grill over medium-high, turning every 3–4 minutes, 15–20 minutes total. Rest 5–10 minutes and slice. For medallions, see Pork Tenderloin with Creamy Leeks.

Notes

- **Grill:** medium-high, lid closed, 4–6 minutes per side, to 140–145°F.
- **Oven:** 425°F on a rack over a sheet pan, 15–20 minutes to 145°F; broil the last 2 minutes for a crust.
- **Pan:** medium-high, 4–5 minutes per side in a heavy skillet, adding a spoonful of butter, a garlic clove, and a thyme sprig at the end.

Sauces and extras

- Pan sauces: Dijon cream, apple cider and thyme, lemon-caper (see Brined Thick-Cut Pork Chops).
- Creamy leeks, or hunter's sauce (see Classic Pork Schnitzel).
- Sweet & Smoky BBQ Sauce or Alabama White Sauce (Sauces).
- Rubs: the Sweet or Chili-Cumin rub on Master Ribs.
- Sautéed apples with a splash of cider vinegar.