

Mongolian Pork Chops

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Carolyn T's
Main Cookbook

Servings: 6



Notes: You can use bone-in pork loin chops (thick). - just watch the temp of the grill. The calorie count assumes you eat all the marinade, which you don't, of course.

Description: Grill under longer, slower heat rather than higher and hotter.

1. Pound meat with a mallet so pork is exactly 1 inch thick.
2. Combine all other ingredients in a bowl and mix well. Let chops marinate in mixture for 3 hours, or up to overnight in the refrigerator.
3. Heat a grill pan over medium-high heat. Remove chops from marinade and place on grill pan. Grill for 5 minutes on each side, turning after 2-3 minutes to produce nice crosshatch marks. Ideally, use a meat thermometer in one of the chops and remove when the meat reaches 139 degrees.

- 1 cup hoisin sauce
- 1 tablespoon sugar
- 1 1/2 tablespoons tamari soy sauce
- 1 1/2 tablespoons sherry vinegar
- 1 1/2 tablespoons rice wine vinegar
- 1 whole scallion, minced
- 3 tablespoons cilantro, stems and leaves, minced
- 1 teaspoon tabasco sauce, or Vietnamese chile sauce
- 1 1/2 teaspoons black bean chile sauce
- 1 1/2 teaspoons fresh ginger, freshly grated
- 1 1/2 tablespoons fresh garlic, minced
- 1/2 teaspoon white pepper
- 60 ounces boneless pork top loin chops, cut 1" thick

Categories: Pork

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 441 Calories; 14g Fat (29.0% calories from fat); 53g Protein; 23g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 1052mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.