

Betty's Lemon-Thyme Kitchen Grilled Boneless Pork Chops Recipe



Uploaded on 21 Jun 2009

In this video, Betty demonstrates how to use her electric kitchen grill to make elegant, delicious Lemon-Thyme Boneless Pork Chops. These are prepared with a marinade of lemon juice and fresh thyme, although you may use dried thyme, instead of fresh.

Ingredients:

- 2 boneless porkchops (I used medium-sized chops, about 1/2-inch thick. Use more for larger appetites.)
- splash of lemon juice (I used bottled lemon juice.)
- 4 sprigs of fresh thyme (or you may substitute dried thyme, to your taste)
- meat tenderizer, to taste (I use the kind with no msg.)
- freshly ground black pepper, to taste
- extra virgin olive oil, to cover both sides of the chops

Place the two boneless pork chops in a small bowl. Sprinkle lemon juice generously on the top, bottom, and between the two chops. Place a spring of thyme (or dried thyme) on the top and bottom and between the chops. Rub the thyme to infuse some of the flavor into the pork chops. If you have time, cover the bowl with plastic wrap and let the pork chops marinate for 10 to 12 hours, occasionally rubbing the thyme into the chops. If you don't have time, you may skip the actual marinating, and you will still get a lot of lemon and thyme flavor. When you are ready to grill the pork chops, start heating your electric kitchen grill, putting the drip cup in place. Remove any thyme springs and pat the pork chops dry with a paper towel. Now, lightly sprinkle the tops and bottoms of the two pork chops with meat tenderizer. (This will serve as salt, also.) Next, grind some fresh black peppercorns over the top and bottom of each pork chop. Finally, (with your fingers) spread extra virgin olive oil over the top and the bottom of each pork chop. Place the pork chops on your heated kitchen grill, and close the grill. Open the grill after a few minutes to check on the pork chops, and rearrange, if needed. You may turn them, if you like. Close the grill, and let them continue to cook until completely done. For 1/2-inch pork chops, this won't take long—about 8 to 10 minutes total cooking time. The pork chops are done when they are cut with a knife and the meat is white. Be sure to cook pork **completely**! These pork chops are very elegant for serving with a fancy meal for two, and the lemon and thyme give a subtle, but tangy flavor that is just the best!!!