

How to cook boneless pork chops

Oven Instructions:

- Preheat the oven to 425°F/220°C. Season pork. Place in oven for 15 minutes or until internal temp reaches 145°F

Air Fryer Instructions:

- Season your pork. Set the air fryer to 375°F and set time for 9 minutes, turning over halfway through cooking. Temp pork for 145°F.

Pressure Cooker Instructions:

- Season your pork chop. Add your rack in the bottom of the pot along with 1 cup of water. Place your pork chop on the rack and seal. Set your pot on high pressure for 8 minutes (add time for thicker pieces of pork). At the end of the time, allow your pot to Natural Pressure Release (NPR) for 5 minutes before releasing the pressure. Check pork temp right away. If the pork is not at 145°F, reseal your lid and set your pot for another 1 minute.

Sous Vide Instructions:

- Season your pork chops. Set your immersion circulator to 145°F. Seal your pork in a leak proof bag. Set your circulator for 1 hour.

Stove Top Instructions:

- Season pork. Heat 1 Tablespoon of oil in a skillet (cast iron preferred). Sear all sides of the meat first, then cook 3 minutes per side or until internal temp reaches 145°F.

Grill Press Instructions (with probe):

- Preheat your grill to 400°F. Season your pork and insert probe. Set your temp to 140°F (The residual heat from the grill will continue to cook your pork for about 5 minutes and help it reach the ideal temp of 145°F). Place your pork on the grill and allow the top to press lightly (heavy press will squeeze out all the juices). This will take 5-9 minutes depending on the thickness of your pork and how cold it started..