

Grilled Chops with Pineapple Rum Glaze & Grilled Pineapple Salsa



Ingredients

Pork:

½ cup / 125 mL barbecue sauce

2 Tbsp / 30 mL amber rum

2 Tbsp / 30 mL pineapple juice

4 pork loin centre chops, boneless, about 1-inch / 2.5 cm thick

½ tsp / 2 mL sea salt

Pineapple Salsa:

5 cored pineapple spears

1 red bell pepper, diced

¼ cup / 50 mL diced red onion

2 green onions, thinly sliced

2 Tbsp / 30 mL lime juice

¼ tsp / 2 mL salt

Directions

1. Preheat barbecue on high; reduce heat to medium-high.
2. Grill pineapple spears on a lightly oiled grate, about 4 minutes per side on until grill marked and warmed through.
3. Remove pineapple spears from grill and dice.
4. In glass bowl, toss salsa ingredients together. Set aside.
5. Prepare glaze by combining barbecue sauce with rum and pineapple juice. Set aside.
6. Season chops with salt. Cook chops on a lightly oiled grill 3 minutes per side (to get perfect grill marked X, rotate pork chops after 90 seconds, then rotate a quarter turn and cook for remaining 90 seconds; turn pork chops and repeat).
7. Brush chops with glaze mixture. Continue grilling, turning once, about 1-2 minutes per side or until instant-read thermometer registers 155°F.
8. Remove chops from grill. Tent loosely with foil and allow chops to rest 3-5 minutes.

9. Serve chops with Grilled Pineapple Salsa.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 20
- **Number of Servings:** 4