



Recipes by Peter

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## AIR FRYER PORK CHOPS

### Ingredients

- \* (4) 1 Inch Thick Pork Loin Chops
- \* Weber Burger Seasoning (Montreal Steak Seasoning will work too!)

### For the Brine

- \* 4 Cups of Water (Divided)
- \* ½ Cup Brown Sugar (Regular or Dark)
- \* ¼ Cup Sea Salt
- \* 2 Teaspoons of Italian Seasoning
- \* 1 Teaspoon of Lower Sodium Old Bay Seasoning (or seasoned salt)
- \* 1 Teaspoon Smoked Paprika



### DIRECTIONS:

For the brine, combine 1 cup of water heat the water to almost boiling. Add all of the seasonings into the water and stir to combine. When the salt and sugar have melted into the water take the pan off the heat and let the mixture cool.

To help the brine cool more quickly you can add three cups of cold water to the brine pot. Again, let the brine cool completely before adding the pork chops.

From a half or whole pork loin, use a ruler and cut pork chops that are one inch thick. Cut four or more chops (whatever you want to cook.)

Put the chops into a Ziplock bag, pour the brine over the pork chops and then set the pork chops into the refrigerator for at least two hours (or overnight.)

After the brining period, take the pork chops out of the brine and pat them dry. Spray the pork chops with a bit of canola oil on both sides and then sprinkle both sides of the pork chops with a little Weber burger seasoning or Montreal steak seasoning (but not too much, just a light dusting because the pork chops were already sitting in the salty brine.)

**Preheat Your Air Fryer to 400 for at least 5-10 minutes.**

If using the Ninja Combi pour one cup of water into the cooking pan and place the air frying rack on the pan. If using a smaller air fryer pour ½ cup of water into the air frying basket, below where the meat will sit. The added water will help keep the pork moist.

If you want, insert a thermometer probe into the pork chop. This will at least let you know when the pork is getting close to the correct temperature. Additionally, I start checking the meat with an instant read thermometer starting at about 8 minutes into the cook.

The cooking time for me was a total of about 12 minutes once I placed the meat into the air fryer.

Once the pork has reached the temperature of 138-140 F (59C) degrees remove the pork to a plate, cover with foil and let the meat rest for about 5-10 minutes. In this time the pork will come up to the 145 F (62 C) degrees which has been deemed a safe temperature in the US for pork.

Serve, enjoy.