

---

# Jerk Marinated Grilled Pork Chops

## Description

**Chef's Note:** When working as a private chef on a yacht I fell in love with the ingredients and flavors when traveling around the Caribbean.

Total time: 6 hrs 45 min   Yield: 8 to 10 servings

## Ingredients

3 Tbsp coconut oil  
1/4 cup fresh lime juice  
3 whole Hawaiian Chili peppers (stem or pepper removed, optional)  
4 scallions (white and green parts, coarsely chopped)  
3 clove garlic  
1 tsp dried thyme  
1 tsp smoked paprika  
1 Tbsp fresh ginger (peeled & minced)  
1 Tbsp dark brown sugar (packed)  
1 1/2 tsp Chinese five spice  
1 tsp salt  
1/4 Tbsp freshly ground black pepper  
2 Tbsp apple cider vinegar  
3 Tbsp low sodium soy sauce  
1 Tbsp tempura sauce  
6 center cut pork chops (3/4" thick)  
non-stick cooking spray

Prep Time: 6 hrs 35 min   Cooking Time: 10 min   Total Time: 6 hrs 45 min

## Instructions

To make the jerk marinade, combine the coconut oil, lime juice, Hawaiian chili peppers, scallions, garlic cloves, thyme, smoked paprika, ginger, brown sugar, Chinese five spice, salt, pepper, apple cider vinegar, soy sauce and tempura sauce in a food processor and blend into a smooth paste. Set aside a ½ cup of the marinade for basting. Place pork chops into a shallow glass dish. Pour your remaining marinade over both sides of chops. Cover and refrigerate at least 2 to 6 hours.

Place the grill on high heat. Once the grill is hot, spray it with non-stick cooking spray and grill the chops 4 to 5 minutes per side (depending on how thick they are). After the first side is done, flip it and pour the reserved marinade on top. Once done, remove chops from the grill and allow them to rest for 5 minutes. Enjoy!

---

**Recipe brought to you by:**

Chef Ryan Covert