

ONE UP PORK CHOPS

2-3lbs of pork chops, bone-in or boneless (at least 1in thick)
3Tbsp **ONE UP FROM GRILLIN'** seasoning
1/4c Avocado oil, for searing
1/4c unsalted butter, for searing
Lemon wedge, optional, for brightness

Start by patting the pork chops dry with paper towels. This helps achieve a beautiful sear. Season both sides generously with seasoning. Let them sit at room temperature for about 10 minutes to enhance flavor and tenderness.

In a large skillet, heat the olive oil over medium-high heat. Allow the oil to shimmer before adding the pork chops. This ensures a perfect sear, creating a delicious crust.

Carefully place pork chops in the hot skillet. Sear for about 4-5 minutes on one side without moving them. This allows for a golden-brown crust to form. Flip the chops and sear the other side for an additional 4 minutes.

Reduce the heat to medium-low and add the butter. As it melts, tilt the pan and spoon the melted butter over the chops continuously for about 2-3 minutes. Squeeze lemon wedge for brightness.

If using a meat thermometer, ensure the internal temperature reaches 145°F (63°C) for perfectly cooked pork. If not, cook for an additional 2-3 minutes until done.



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