

Sous Vide – Pellet-grilled Pork Chops

1. Dry brine (4-12 hours)

- Sprinkle kosher salt evenly and lightly over both sides
- A good guideline is about ¼ teaspoon kosher salt per pound per side
- Refrigerate uncovered on a rack

2. Apply seasoning

- Just before vacuum sealing, add your [favorite rub](#)
- Don't add oil to the bag

3. Sous Vide

- For thick chops (1½ – 2 inches)
 - 140°F for 2 hours – recommended
 - 138°F if you like slightly pinker
 - 145°F if you prefer a more traditional texture
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4. Chill (optional)

- Ice-bath until cooled
- Refrigerate them for a day or two if needed
- May be frozen for later use

5. Pellet grill finish

- Unseal the pork chops
- Pat very dry
- Set Traeger Pellet Grill to “Smoke” – 5-minutes with lid open
- Close lid and set Traeger to 375°. Preheat for **30 minutes**
- Smoke about 10 minutes on one side keeping lid closed (don't insert meat temperature probes yet)
- Turn pork chops and insert meat temperature probes and keep lid closed ~10 more minutes.
- Apply a light coating of [BBQ sauce](#) just for the final minute or so for each side
- Pull when center reaches about 140° – 145°F if reheating from the refrigerator, or once the exterior has good color if going directly from the sous vide bath.

Because thick-cut pork chops have a lean loin muscle with a fat cap, the lean portion still benefits from the dry brine.

Dry brine does more than add moisture. It:

- Seasons the meat all the way through.
- Helps the muscle proteins retain moisture during cooking.
- Improves the texture.
- Enhances browning during the pellet grill finish

The bone helps insulate the meat, the fat cap bastes it during the grill finish, and the sous vide ensures the entire chop cooks evenly. They tend to be especially forgiving and flavorful.

My ideal chop

- ✓ Bone-in rib chop (or Center-Cut Loin Chop)
- ✓ 1½–2 inches thick
- ✓ Nice fat cap around one edge
- ✓ Visible marbling
- ✓ About 12–16 ounces each

Summary

- Dry brine: 4–12 hours
- Sous vide: 140°F for 2 hours
- Quick chill if not serving immediately
- Pellet grill: 375–400°F until nicely browned and warmed through