

# Sous Vide Honey Garlic Pork Chops



## Ingredients

- 2 1-inch thick pork chops
- 3 heaped tbsp ketchup
- 2 1/2 tbsp honey
- 2 tbsp soy sauce
- 3 cloves minced garlic
- 2 tbsp butter for browning

## Method

### PREPARATION

1. Make cuts every 1/2-inch along the pork chops' fat strip to prevent curling during searing.
2. Mince or press garlic into small pieces.
3. Combine ketchup, honey, soy sauce, and garlic in a large bowl.
4. Incorporate until a syrupy glaze forms.
5. Using a marinade brush or the back of a spoon apply the honey garlic sauce to the pork chops.
6. Retain 1/4 cup of the honey garlic sauce.
7. Place pork chops and any remaining sauce in a vacuum sealable bag, seal until airtight.

8. Refrigerate for at least one hour, but up to overnight.

## COOKING

1. Heat water bath to 63C
2. Place vacuum sealed pork chops in a water bath for 1 1/2 hours.
3. When done, carefully remove from water bath and discard cooking liquid.
4. Pat as dry as possible using paper towel.

## SEARING

1. Heat 2 tbsp of butter in a cast iron or non-stick pan.
2. When ripping hot lay pork chops away from you into the pan. Make sure you have your kitchen exhaust fan turned on!
3. Cook for 30-seconds to 1-minute per side. When flipping, quickly apply the glaze we retained earlier to help finish and color the chop.
4. After flipping and glazing both sides use a pair of tongs to sear the fat strip along the pork chops' sides.
5. Remove from pan and let rest for 3-5 minutes then serve.

## Notes

- Source: [Recipe: Sous Vide Honey Garlic Pork Chops - Sous Vide Guy](#)

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