



# Grilled Brined Pork Chop with Rhubarb Compote

(Serves 4)

## Ingredients:

### Protein:

4 1" thick pork loin chops

### Brine:

6 cups warm water  
½ cup maple syrup  
1/3 cup salt  
5 black peppercorns  
1 ½ tsp mustard seeds  
1 bay leaf

### Rhubarb Compote:

2 cups sliced rhubarb about 3 large stalks  
1 cup apple cider  
½ cup blueberries  
2 TBSP honey  
1 TBSP finely chopped shallot  
1/8 TSP ground ginger  
1/8 TSP ground cloves  
Pinch of nutmeg



## Directions:

### Brine:

- Dissolve salt and maple syrup into water.
- Add spices and pour over pork chops
- Refrigerate overnight or up to 4 days.

### Rhubarb Compote:

- Preheat oven to 350°.
- Slice the rhubarb into 1 cm slices and arrange in a baking pan, sprinkle the blueberries and shallots on top.
- Stir honey and spices into apple cider and pour into baking dish.
- Roast for 35 minutes.  
*Note: Roasting the rhubarb this way allows a longer cooking time, more time for the flavours to blend and keeps the rhubarb from breaking down too much.*

- After removing the baking dish from the oven, lightly crush the rhubarb and allow the compote to cool.
- Remove the pork chops from the brine and pat dry. Grill the pork chops and cook to an internal temperature of 71° C.
- Serve with compote at room temperature, add your favourite salad and you have a Nova Scotian Summer on your plate!

This recipe is brought to you by Sous Chef Charmaine Roma from the Halifax Convention Centre.