

SWEET MANGO BBQ PORK CHOPS

Bone-in pork chops are fantastic on the grill: tender, juicy and filled with flavour. We've paired them with a sticky sweet mango glaze with hints of brown sugar, spices and garlic from Vermont Castings Sweet Rib Rub.

PREP TIME: 20 minutes

COOK TIME: 10 minutes

SERVINGS: 4

INGREDIENTS:

1 cup (250 mL) frozen mango chunks, thawed

½ cup (125 mL) strained tomato

1 tbsp (15 mL) red wine vinegar

2 tbsp (30 mL) honey

2 tbsp (30 mL) Vermont Castings Sweet Rib Rub,
divided Vegetable oil for brushing the grates

4 bone-in Frenched pork rib chops

DIRECTIONS:

1. In a blender, combine mango, crushed tomato, red wine vinegar, honey and 1 tbsp (15 mL) Vermont Castings Sweet Rib Rub. Puree until smooth. Transfer half the sauce to Vermont Castings basting set, reserve remaining sauce for another use.
2. Preheat grill to medium high. Clean grates and then brush with oil.
3. Sprinkle pork chops with remaining Vermont Castings Sweet Rib Rub.
4. Grill chops, flipping once, 5-6 minutes.
5. Brush mango mixture over chops and continue to grill, flipping and basting once more, until chops are cooked through, another 2 minutes or until chops reach an internal temperature of 145° F (6° C).
6. Brush one final time with mango mixture and then let rest for 3 minutes before serving.

