

Brown Sugar-Pineapple Pork Chops - A Sweet & Savory Dinner Favorite

Few dishes strike the perfect balance between



TIME
10 min

TEMP
145°F

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Recipe Card

SAVE
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INGREDIENTS

For the Pork Chops:

4 bone-in or boneless pork chops

1 tablespoon olive oil

1 teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

$\frac{1}{8}$ teaspoon paprika

$\frac{1}{8}$ teaspoon garlic powder

For the Brown Sugar-Pineapple Glaze:

1 can (20 oz) pineapple slices (reserve $\frac{1}{4}$ cup pineapple juice)

$\frac{1}{3}$ cup brown sugar

2 tablespoons soy sauce

1 tablespoon Dijon mustard

1 tablespoon butter

$\frac{1}{8}$ teaspoon red pepper flakes (optional, for a little kick)

How to Make Brown Sugar-Pineapple Pork Chops:

1. Season the Pork Chops:

2. Sear the Pork Chops:

3. Make the Brown Sugar Glaze:

$\frac{1}{4}$ cup reserved pineapple juice

$\frac{1}{8}$ teaspoon red pepper flakes (optional)

4. Caramelize the Pineapple:

5. Simmer & Coat the Pork Chops:

6. Serve & Enjoy!:

Pro Tips for the Best Pork Chops:

Use thick-cut pork chops - They retain more moisture and don't dry out as easily.

Don't overcook! - Pork chops are best at 145°F (63°C) internal temperature. Use a meat thermometer for accuracy.

Let them rest - Resting the pork for 5 minutes after cooking helps keep them juicy.

For extra depth of flavor - Add a splash of balsamic vinegar to the glaze for a hint of tanginess.

What to Serve With These Pork Chops:

Steamed jasmine rice - It soaks up the rich glaze beautifully.

Garlic mashed potatoes - Creamy and buttery potatoes complement the sweetness of the pork.

Roasted vegetables - Green beans, asparagus, or Brussels sprouts add a fresh contrast.

Hawaiian rolls - Soft, slightly sweet rolls are perfect for sopping up the sauce.

FAQs (From My Kitchen to Yours):

Why You'll Love These Brown Sugar-Pineapple Pork Chops:

DIRECTIONS

1. Season the Pork Chops: I start by patting the pork chops dry with a paper towel-this helps them get a nice sear. Then, I season both sides with salt, pepper, paprika, and garlic powder. These seasonings enhance the natural flavor of the pork without overpowering the glaze.
2. Sear the Pork Chops: In a large skillet over medium-high heat, I heat 1 tablespoon of olive oil. Once hot, I sear the pork chops for about 3-4 minutes per side, until they develop a golden-brown crust. Then, I remove them from the skillet and set them aside while I make the glaze.
3. Make the Brown Sugar Glaze: In the same skillet, I melt 1 tablespoon of butter, scraping up any browned bits from the pork. Then, I stir in:
 4. 1/3 cup brown sugar
 5. 2 tablespoons soy sauce
 6. 1 tablespoon Dijon mustard
 7. 1/2 cup reserved pineapple juice
 8. 1/2 teaspoon red pepper flakes (optional)
9. I cook this mixture over medium heat for 2-3 minutes, stirring frequently until it slightly thickens.
10. Caramelize the Pineapple: Now for my favorite part! I add the pineapple slices to the skillet, cooking them for 1-2 minutes per side, just until they turn golden and slightly caramelized.
11. Simmer & Coat the Pork Chops: I return the seared pork chops to the skillet, spooning the glaze over the top. Letting them simmer for 2-3 more minutes ensures they're fully coated and absorb all those incredible flavors.

12. **Serve & Enjoy!**: I serve these sweet and smoky pork chops warm, with extra glaze and caramelized pineapple on top. They pair beautifully with steamed rice, mashed potatoes, or roasted veggies.
13. **Pro Tips for the Best Pork Chops**: Use thick-cut pork chops - They retain more moisture and don't dry out as easily.
14. **Don't overcook!** - Pork chops are best at 145°F (63°C) internal temperature. Use a meat thermometer for accuracy.
15. **Let them rest** - Resting the pork for 5 minutes after cooking helps keep them juicy.
16. **For extra depth of flavor** - Add a splash of balsamic vinegar to the glaze for a hint of tanginess.
17. **What to Serve With These Pork Chops**: This dish is packed with bold flavors, so I love pairing it with simple sides:
18. **Steamed jasmine rice** - It soaks up the rich glaze beautifully.
19. **Garlic mashed potatoes** - Creamy and buttery potatoes complement the sweetness of the pork.
20. **Roasted vegetables** - Green beans, asparagus, or Brussels sprouts add a fresh contrast.
21. **Hawaiian rolls** - Soft, slightly sweet rolls are perfect for sopping up the sauce.
22. **FAQs (From My Kitchen to Yours)**: Q: Can I use fresh pineapple instead of canned? A: Absolutely! Just use ½ cup fresh pineapple juice in the glaze and slice fresh pineapple into rings for caramelizing.
23. Q: Can I grill these pork chops instead? A: Yes! Sear the pork chops on a hot grill for 3-4 minutes per side, then brush with the glaze and finish cooking until they reach 145°F.
24. Q: What's the best way to store leftovers? A: Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in a skillet over low heat with a little extra sauce.
25. Q: Can I make this dish ahead of time? A: Yes! You can marinate the pork chops in the seasonings and pineapple juice for up to 24 hours for even more flavor.

SWAPS & NOTES

: Perfectly seared pork chops - Cooking the chops at high heat gives them a golden crust while keeping the inside juicy.

A luscious brown sugar glaze - The combination of brown sugar, soy sauce, Dijon mustard, and pineapple juice creates a rich, sticky sauce.

Caramelized pineapple magic - Cooking the pineapple slices in the glaze intensifies their natural sweetness and adds a tropical touch .

One-pan convenience - Everything cooks in one skillet , making cleanup a breeze.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/brown-sugar-pineapple-pork-chops-a-sweet-savory-dinner-favorite/>