

Smoky Pan-Grilled Pork Chops

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From the Yale Appliance + Lighting Chef Series

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Yield: 4 servings

Ingredients:

- **1 tablespoon cumin seeds**
- **1 tablespoon brown sugar**
- **1/2 teaspoon hot smoked paprika**
- **1/4 teaspoon salt**
- **1/4 teaspoon freshly ground black pepper**
- **4 (4-ounce) boneless center-cut pork chops**
- **Cooking spray**

Methods:

1. Cook cumin seeds in a small skillet over medium heat 1 minute or until fragrant, stirring frequently. Place in a clean coffee grinder or blender; process until ground. Combine ground cumin, sugar, paprika, salt, and pepper; rub evenly over pork.
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add pork to pan; cook 5 minutes on each side or until done.