



RECIPE, RECOMMENDATION

Easy Vietnamese Grilled Pork Chop Recipe and Methods

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The Vietnamese pork chop recipe has to be one of the most popular recipes from Vietnam. This classic is packed with super delicious flavors of sweet and savory, is easy to make, and is loved by many. The Vietnamese pork chops can be made on a grill, in a pan, or in the oven. So, if you don't have a grill, there is always another choice for you. Let's find out more about the crowd pleaser below!

How to Prepare the Pork Chops

A great trick for this recipe is to cut the pork around the edges. Cut the pork chops about 3 to 5 pieces per chop, about 1 inch deep each. This trick allows the meat to stay flat during the grilling. If you don't cut the edges, the meat will curl up as it cooks, making it harder to manage and cook evenly unless you grill it.

How to Marinate the Pork Chops

The least you can marinate is for 3 hours. For the best result, you can marinate the pork chops overnight. It's going to take a little while to stuff the meat with all the very aromatic garlic, lemongrass, and shallot, but the overnight wait is definitely worth it.

You can flip it halfway through the marinade to make sure the meat is evenly coated and marinated. Lemongrass is what makes the marinade different from the usual. You can take the lemongrass out and use it as an Asian condiment for any type of meat. After that, pull the meat out of the marinade and drain the extra liquid.

[Vietnamese Food Any Day: Simple Recipes for True, Fresh...](#)

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offers 80 easy Vietnamese recipes, based on author Andrea Nguyen's decades of experience and her mom's cooking hacks. It provides recipes for banh mi, rice paper rolls, pho, and more, making everyday cooking easier.

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How to Make Vietnamese Lemongrass Pork Chops

Ingredients

- 2 pounds of pork chops (6 chops) (buy [here](#))

Ingredients for Marinade

- 3 tablespoons of sugar
- 2 tablespoons of soy sauce (buy [here](#))
- 2 tablespoons of fish sauce (buy [here](#))
- ½ teaspoon of MSG

Ingredients for Marinade Aromatic

- 6 tablespoons of minced lemongrass (buy [here](#))
- 2 tablespoons or 6 cloves of minced garlic (buy [here](#))
- 2 tablespoons of minced shallots (buy [here](#))

Vegetables and Garnish

- One sliced tomato
- One sliced cucumber
- 6 leaves of green leaf lettuce (buy [here](#))
- 3 tablespoons of scallion and oil
- 3 tablespoons of dipping fish sauce (buy [here](#))

Instructions

- Rinse the pork chops under running water and rub them lightly with salt. Dry with paper towels.
- Mix all of the marinade ingredients in a medium mixing bowl and stir to dissolve the MSG and sugar. Follow it by adding marinade and aromatic.
- Marinate the pork in a bowl or bag in the refrigerator for at least 3 hours, but ideally overnight, as mentioned above.
- Remove the meat from the marinade and any extra liquid. You can retain the aromatics that stick to the meat.

The Cooking Process Using a Grill, Pan Fry, or Oven

1. Grill (buy [here](#))

- Leave at least 1 to 2 inches of space between each chop.
- Grill over high heat for browning marks or grill for a few minutes.

- Next, reduce the heat to medium and cook on both sides. Turn the pork chops often until fully cooked.
- Once done, the pork should read 145°F using an instant-read thermometer at the thickest part of the cut.

2. Fry Pan (buy [here](#))

- Start by frying 1 to 2 pieces at a time over medium-low heat without filling the pan.
- Once done, the pork should read 145°F using an instant-read thermometer at the thickest part of the cut.

3. Oven (buy [here](#))

- Bake at 375°F for about 15 to 20 minutes, until the internal temperature of the pork chops reaches about 135°F.
- Lower the rack and bake. Make sure to turn the meats several times during grilling to get a nice color on both sides.
- The pork chops are cooked through when the internal temperature reaches 145°F.
- Serve with rice, vegetables, garnish, and dipping or prepared fish sauce.

The Ingredients and Equipment to Make Grilled Vietnamese Pork Chops

1. Lemongrass



[Buy Online](#)

This Vietnamese pork chop recipe is definitely incomplete without lemongrass. As one of the main ingredients, lemongrass adds a wonderful aroma and flavor to the meats. These fresh lemon grasses are the perfect option, as they come with six stalks and are ready to take your pork chops to another level.

2. Fish Sauce



[Buy Online](#)

To take your Vietnamese grilled pork chops to a different level, fish sauce is another ingredient you need. This product is made with 100% pure and sustainable ingredients, which are wild-caught black anchovies and sea salt.

These ingredients have been slowly fermented in carefully selected wooden barrels. You can use this sauce in sauces, marinades, soups, broths, dressings, stocks, fried rice, and vegetables. The product itself is gluten-free, has no soy, no nuts, no shellfish, and is Whole 30 and keto friendly.

3. Green Leaf Lettuce



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To add a little bit of color to your recipe, this green leaf lettuce is a good option. This product offers a 25-count seed pack, has no GMOs, and is heat tolerant.

As a healthy addition to your kitchen, this lettuce comes with an excellent crunchy texture and delicious sweet taste. Whether you want to plant it or use it for consumption, this is a good product to have.

4. Grill



[Buy Online](#)

If you are looking for a grill that is convenient for both indoor and outdoor use, this one is for you. This product comes with a removable stand and a 200 square inch square grill surface that allows you to make more than 12 servings for large groups of people.

The fully electric system provides high-quality, charcoal-free, propane-free, and flame-free grilling. The temperature check allows you to choose from five heat settings to get the best results on all types of food. Other interesting features include a non-stick coating, a fat-removing slope, and a drip tray.

5. Instant-Read Thermometer



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To check the right temperature of your pork chops, you will need an instant-read thermometer. This thermometer offers an ultra-fast and accurate reading and is designed for easy use. Just unfold the food thermometer, and it will immediately start reading.

If there is no operation, it will turn off automatically after 10 minutes. With its large backlit screen, the food thermometer allows you to see the temperature clearly, whether in a poorly lit kitchen or outdoors with too much light.

6. Oven



[Buy Online](#)

One of the methods for making this Vietnamese pork chop recipe is by using an oven. This product is among the most popular ovens out there, with exciting features.

It is known for its abilities for baking, broiling, toasting, and keeping food warm. One of the best things about it is its size, which can easily fit a 9-inch pizza, four slices of bread, and other varieties of snacks and meals.

Tags: grilled vietnamese pork chops, vietnamese grilled pork chops, vietnamese lemongrass pork chops, vietnamese pork chops, vietnamese pork chops lemongrass