

HOW TO USE · APPLEWOOD SMOKE RUB

APPLEWOOD PORK CHOPS WITH ROAST APPLES

Sweet, savoury and quick. Sear, then finish in the oven.

SERVES	PREP	COOK
4	10 min + 30 min resting	20–25 min

INGREDIENTS

- 4 bone-in pork loin chops, about 2.5 cm thick (about 1 kg)
- 2 tbsp Applewood Smoke Rub (about 16 g, or 1 tbsp per 500 g)
- 2 tbsp olive oil
- 2 apples, cut into wedges
- To serve: mash or roast potatoes and greens



METHOD (pan + oven)

1. Pat the chops dry, rub with 1 tbsp oil, then coat both sides with the Applewood Smoke Rub. Rest 30 minutes in the fridge (5°C or below), or up to overnight.
2. Heat the oven to 200°C fan-forced. Toss the apple wedges in the remaining oil on a lined tray and roast 10 minutes.
3. Heat a heavy ovenproof pan over medium heat. The rub has brown sugar, so keep it medium to stop it burning.
4. Sear the chops 2–3 minutes a side, until a dark crust forms.
5. Move the chops to the tray with the apples and roast 8–12 minutes more.
6. Check the thickest part (not touching bone) reaches 70°C. Rest 5 minutes, then serve with the apples.

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AIR FRYER METHOD

190°C · 11–13 min

Same chops, 2 at a time

1. Heat the air fryer to 190°C. Spray the basket lightly with oil.
2. Add the rubbed chops in a single layer, not crowded. Cook in batches if needed.
3. Cook 6 minutes, flip, then cook 5–7 minutes more.
4. Check the thickest part reaches 70°C. Rest 5 minutes.

BBQ / GRILL OPTION

180–200°C · 25–30 min

Chicken thighs, two zones

1. Coat 1 kg boneless chicken thighs with 1 tbsp oil and 2 tbsp of the rub.
2. Heat a hooded BBQ to 180–200°C with one side on and one side off. Oil the grill.
3. Cook over the off side, lid down, 10–12 minutes a side. The sugar in the rub burns over direct flame, so only finish over the heat briefly.
4. Check the thickest part reaches 75°C. Rest 5 minutes.

SMOKER OPTION

150–160°C · 1½–2 hr

Smoked chicken drumsticks

1. Set the smoker to 150–160°C with apple wood, or cherry or pecan.
2. Coat 1.5 kg drumsticks with oil and 3 tbsp of the rub. Smoke 1½–2 hours, until deep mahogany.
3. Check the thickest part (not touching bone) reaches 75°C. Rest 5 minutes.

OTHER WAYS TO USE IT

- → Rub on chicken thighs, drumsticks or wings before roasting, grilling or smoking.
- → Use on pork ribs, pork belly or a pork shoulder before low-and-slow cooking.
- → Mix into burger patties, or sprinkle over roast pumpkin, sweet potato or corn.

SALT This blend already contains salt, so taste before adding any more.