



BBQ Freaks Tamarind-Glazed Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef stock
- ☐ 8 servings thyme dried for seasoning
- ☐ 1 sprig thyme sprigs fresh
- ☐ 3 cloves garlic
- ☐ 8 servings sea salt for seasoning
- ☐ 1 cup honey
- ☐ 8 servings kosher salt black
- ☐ 8 pork chops thick

- ☐ 0.5 cup rum (añejo)
- ☐ 1 cup salt
- ☐ 1 cup sugar
- ☐ 1 cup tamarind pulp
- ☐ 1 tablespoon vegetable oil
- ☐ 4 quarts water
- ☐ 1 medium onion yellow chopped

Equipment

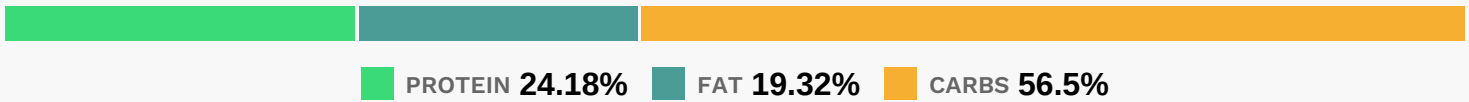
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Place the vegetable oil in a medium skillet over medium-high heat.
- ☐ Add the onion, garlic, and thyme and cook until the onion and garlic begin to brown, 7 to 10 minutes. Deglaze the pan with the rum and simmer for 4 to 5 minutes to evaporate the alcohol. Stir in the honey and tamarind pulp and cook over medium heat for 5 minutes.
- ☐ Add the beef stock and continue cooking until the liquid is reduced by half. Strain through a sieve. Cover and refrigerate until ready to use.
- ☐ To brine the pork chops: In a large stockpot, bring to a boil the water, sugar, salt, cloves, and nutmegs. Stir occasionally and cook until the sugar and salt have dissolved.
- ☐ Remove the brine from the heat and add the pork chops.
- ☐ Let cool for 30 minutes, then cover and refrigerate for 24 hours.
- ☐ Prepare a hot grill for direct cooking, with a cool zone to one side.

- ☐ Remove the pork chops from the brine, rinse with cold water, and pat dry. Season to your liking with salt, cracked black pepper, granulated garlic, and dried thyme.
- ☐ Use long-handled tongs and a paper towel dipped in vegetable oil to lightly oil the grate, then place the pork chops over the fire, about 6 inches over the glowing coals. Cook for about 2 minutes on each side. Move the chops to the cool zone, cover the grill, and cook for 5 minutes. Turn, cover the grill, and grill until just cooked through, about 5 minutes more. The meat should register 145°F on a meat thermometer.
- ☐ Transfer to a serving platter and allow the chops to rest for 10 minutes. While the meat is resting, warm the glaze.
- ☐ Serve the pork chops whole or sliced with the glaze.
- ☐ Note: You can also make these in the oven. First, sear the chops in very hot oil in a shallow pan for about 5 minutes on each side.
- ☐ Place in a preheated 350°F oven and bake for 25 to 30 minutes or until they register 145°F on a meat thermometer.
- ☐ Let them rest for 10 minutes before serving.
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Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:41.75, Inflammation Score:-8, Nutrition Score:21.032173949739%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 549.99kcal (27.5%), Fat: 11.37g (17.49%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 74.78g (24.93%), Net Carbohydrates: 73.02g (26.55%), Sugar: 66.73g (74.14%), Cholesterol: 89.78mg (29.93%), Sodium: 14616.04mg (635.48%), Alcohol: 5.01g (100%), Alcohol %: 0.75% (100%), Protein: 32.01g (64.03%), Vitamin B1: 1.02mg (67.69%), Selenium: 47.15µg (67.35%), Vitamin B3: 11.93mg (59.66%), Vitamin B6: 1.13mg (56.43%), Phosphorus: 370.26mg

(37.03%), Potassium: 855.59mg (24.45%), Vitamin B2: 0.39mg (22.81%), Vitamin K: 20.87µg (19.87%), Zinc: 2.62mg (17.47%), Iron: 3.13mg (17.37%), Magnesium: 67.26mg (16.81%), Copper: 0.27mg (13.7%), Vitamin B12: 0.71µg (11.84%), Manganese: 0.23mg (11.54%), Vitamin B5: 1.07mg (10.71%), Calcium: 80.52mg (8.05%), Fiber: 1.76g (7.06%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.84mg (3.44%), Vitamin E: 0.44mg (2.91%), Folate: 11.6µg (2.9%), Vitamin A: 54.17IU (1.08%)