



Black Barbecue Pork Chops with Thumbelina Carrots

READY IN



45 min.

SERVINGS



6

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 ounces bittersweet chocolate 70% chopped (60 to cacao)
- ☐ 0.3 cup bourbon
- ☐ 12 thumbelina carrots trimmed (2 bunches; 1 pound)
- ☐ 1 teaspoon cayenne
- ☐ 0.3 cup coca-cola
- ☐ 1.5 teaspoons mustard dry
- ☐ 0.3 cup vermouth dry

- ☐ 1 teaspoon ground allspice
- ☐ 1 jalapeño fresh finely chopped
- ☐ 0.3 cup catsup
- ☐ 6 servings kosher salt to taste
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon blackstrap molasses (preferably blackstrap)
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 pound onion chopped
- ☐ 6 rib pork chops bone-in () (4 pounds total)
- ☐ 0.3 cup raisins
- ☐ 1 tablespoon korean black bean paste
- ☐ 2 tablespoons asian sesame oil
- ☐ 0.5 teaspoon paprika smoked hot (pimentón picante)
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup strong coffee decoction brewed
- ☐ 3 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 7 garlic cloves whole divided chopped
- ☐ 1 tablespoon worcestershire sauce

Equipment

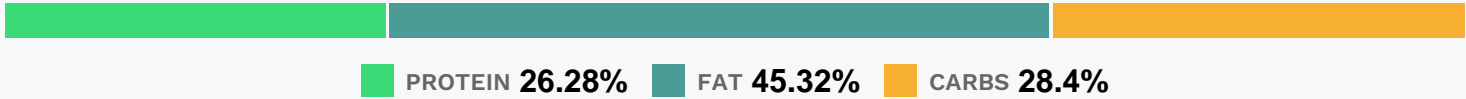
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer

- ☐ cutting board

Directions

- ☐ Heat butter and olive oil in a 4-to 5-quart pot over medium-low heat until foam subsides. Cook onion, chopped garlic, jalapeño, and raisins, covered, stirring occasionally, until onion begins to brown, 7 to 9 minutes.
- ☐ Add bourbon (use caution; alcohol may ignite) and boil, scraping up any brown bits, until most of liquid has evaporated, about 2 minutes. Stir in coffee, then boil until most of liquid has evaporated, 3 to 5 minutes. Repeat with cola.
- ☐ Add ketchup, soy sauce, vinegar, molasses, Worcestershire sauce, black bean paste, and chocolate and simmer, stirring occasionally, 5 minutes.
- ☐ Add spices and 1 teaspoon pepper and simmer over low heat, stirring occasionally, until very thick, about 10 minutes.
- ☐ Remove from heat and cool 15 minutes. Purée sauce in a blender with remaining 2 garlic cloves, lime juice, and sesame oil until smooth and thick.
- ☐ Rub 6 tablespoons sauce all over pork chops and marinate, chilled, in a large shallow baking dish at least 1 hour.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Rub off excess marinade from chops with a paper towel.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then brown chops in 2 batches, turning once, about 2 minutes total.
- ☐ Transfer to a 4-sided sheet pan (reserve skillet) and roast chops in oven until an instant-read thermometer inserted into center of chops registers 148 to 150°F for juicy pink meat, 20 to 25 minutes.
- ☐ Transfer to a cutting board and let rest while cooking carrots.
- ☐ Melt butter in reserved skillet over medium heat, then cook carrots, stirring occasionally, 2 minutes.
- ☐ Add vermouth and lemon juice and cook, covered, 2 minutes. Uncover and simmer until most of liquid has evaporated and carrots are tender, 4 to 5 minutes. Season with kosher salt and pepper. Halve carrots lengthwise, then return to pan and keep warm.
- ☐ Serve pork chops with carrots and remaining sauce on the side.
- ☐ •Pork chops can be marinated up to 5 hours. •Barbecue sauce keeps chilled, 1 month.

Nutrition Facts



Properties

Glycemic Index:73.94, Glycemic Load:9.8, Inflammation Score:-10, Nutrition Score:29.725652010544%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 517.16kcal (25.86%), Fat: 24.77g (38.11%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 29.48g (10.72%), Sugar: 17.39g (19.32%), Cholesterol: 105.11mg (35.04%), Sodium: 813.91mg (35.39%), Alcohol: 4.29g (100%), Alcohol %: 1.34% (100%), Caffeine: 8.8mg (2.93%), Protein: 32.33g (64.65%), Vitamin A: 20868.66IU (417.37%), Vitamin B1: 1.03mg (68.42%), Selenium: 47.51µg (67.87%), Vitamin B6: 1.32mg (66.07%), Vitamin B3: 12.65mg (63.26%), Phosphorus: 403.73mg (40.37%), Potassium: 1194.17mg (34.12%), Manganese: 0.51mg (25.38%), Vitamin B2: 0.4mg (23.26%), Vitamin C: 18.44mg (22.35%), Vitamin K: 23.37µg (22.26%), Fiber: 5.45g (21.79%), Magnesium: 81.53mg (20.38%), Zinc: 2.75mg (18.3%), Vitamin B5: 1.51mg (15.05%), Copper: 0.29mg (14.31%), Iron: 2.35mg (13.07%), Vitamin E: 1.9mg (12.67%), Vitamin B12: 0.73µg (12.18%), Folate: 36.63µg (9.16%), Calcium: 91.48mg (9.15%), Vitamin D: 0.64µg (4.27%)