



## Black Barbecue Pork Chops with Thumbelina Carrots

READY IN



45 min.

SERVINGS



6

CALORIES



534 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 carrots trimmed (2 bunches; 1 pound)
- 1 teaspoon ground pepper
- 0.3 cup coca-cola
- 1.5 teaspoons ground mustard dry
- 0.3 cup mirin dry

- 1 teaspoon ground allspice
- 1 jalapeno 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 pork chops bone-in ( ) ( 4 pounds total)
- 0.3 cup raisins
- 1 tablespoon korean black bean paste
- 2 tablespoons sesame oil
- 0.5 teaspoon paprika smoked hot (pimentón picante)
- 2 tablespoons soya sauce
- 0.3 cup strong coffee decoction brewed
- 1 tablespoon butter unsalted
- 3 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 7 garlic clove 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, jalapeo, 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. Puree 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 350F 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 150F 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.

Cooks' notes: Pork chops can be marinated up to 5 hours. Barbecue sauce keeps chilled, 1 month.

## Nutrition Facts



**PROTEIN 25.41%** **FAT 47.14%** **CARBS 27.45%**

### Properties

Glycemic Index:73.94, Glycemic Load:9.8, Inflammation Score:-10, Nutrition Score:29.775217305059%

### 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: 533.89kcal (26.69%), Fat: 26.66g (41.02%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 29.49g (10.72%), Sugar: 17.39g (19.32%), Cholesterol: 110.13mg (36.71%), Sodium: 814.17mg (35.4%), Alcohol: 4.29g (100%), Alcohol %: 1.34% (100%), Caffeine: 8.8mg (2.93%), Protein: 32.35g (64.69%), Vitamin A: 20926.97IU (418.54%), Vitamin B1: 1.03mg (68.43%), Selenium: 47.53µg (67.9%), Vitamin B6: 1.32mg (66.07%), Vitamin B3: 12.65mg (63.26%), Phosphorus: 404.29mg (40.43%), Potassium: 1194.73mg (34.14%), Manganese: 0.51mg (25.39%), Vitamin B2: 0.4mg (23.3%), Vitamin K: 23.53µg (22.41%), Vitamin C: 18.44mg (22.35%), Fiber: 5.45g (21.79%), Magnesium: 81.58mg (20.39%), Zinc: 2.75mg (18.32%), Vitamin B5: 1.51mg (15.08%), Copper: 0.29mg (14.33%), Iron: 2.35mg (13.08%), Vitamin E: 1.95mg (13.03%), Vitamin B12: 0.73µg (12.24%), Calcium: 92.04mg (9.2%), Folate: 36.7µg (9.18%), Vitamin D: 0.68µg (4.51%)