



Brie Smothered Pork Chops

 **Gluten Free**

READY IN

ready

115 min.

SERVINGS

servings

4

CALORIES

calories

699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon peppercorns whole black
- ☐ 4 ounces round of président brie
- ☐ 0.3 cup calvados
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon sea salt
- ☐ 1 apples green such as granny smith, roughly sliced

- ☐ 2 cups ice cubes
- ☐ 2 tablespoons kosher salt plus more for sprinkling
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 teaspoons ground mustard
- ☐ 4 servings olive oil
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 double-cut pork loin chops thick 1 bone
- ☐ 1 pinch pepper flakes dried red
- ☐ 0.5 onion sweet such as vidalia, roughly sliced
- ☐ 2 tablespoons butter unsalted cold cubed

Equipment

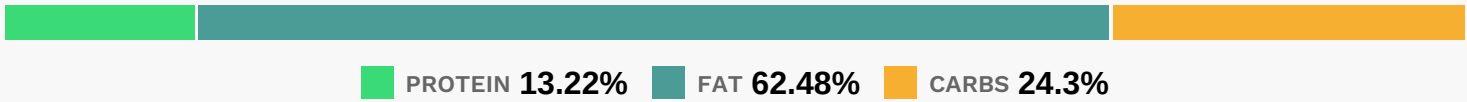
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ Combine 2 cups water, brown sugar, vinegar, 2 tablespoons salt, garlic, peppercorns, thyme, mustard powder and red pepper flakes in a large saucepan and set over high heat. Bring to a simmer and stir until the sugar has dissolved.
- ☐ Remove from the heat and add the ice cubes to bring down the temperature. Once cooled and the ice cubes have dissolved, add to a resealable plastic container (or a plastic bag) and add the pork chops.
- ☐ Place in the fridge for 1 hour.

- ☐ Tie each pork chop around the perimeter with a piece of kitchen twine. This will help the chop retain a nice, round shape while cooking.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove the chops from the brine and pat dry with some paper towels (removing the excess moisture on the surface allows the pork chop to sear and caramelize).
- ☐ Sprinkle lightly with salt and pepper. Set a large cast-iron skillet over high heat. Coat the pan with oil and when the oil starts to smoke, add the pork chops to the pan. Cook over high heat until well browned, 8 to 10 minutes. Turn the chops over and reduce the heat slightly to allow the chops to cook through. Cook on the second side until golden brown, about 8 minutes. When done, remove the pork chops from the skillet and place onto a sheet tray. Divide the slices of the Brie between the chops and layer evenly on each so they are covered well.
- ☐ Place the sheet tray into the oven and cook until the Brie is just melted and the pork has cooked to 140 to 145 degrees F.
- ☐ Remove from the oven and transfer the chops to a plate to rest.
- ☐ For the pan sauce: Meanwhile, place the skillet back over medium-high heat.
- ☐ Add a drizzle of olive oil and then add the apples and onions.
- ☐ Saute for 4 to 5 minutes, and then add the Calvados. Allow the alcohol to cook off (you can flambe at this stage if desired by igniting the Calvados in the pan). Once the Calvados has reduced, add the stock and simmer. Season with some salt and pepper. Allow to reduce for 2 to 3 minutes, and then remove from the heat and swirl in the cold butter cubes. This will thicken the sauce and give it a nice sheen.
- ☐ Serve the Brie-topped pork chops with the sauce.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:18.332608751629%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate:

0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg
Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg,
Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol:
0.54mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 7.83mg, Quercetin:
7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 698.92kcal (34.95%), Fat: 46.83g (72.05%), Saturated Fat: 14.18g (88.63%), Carbohydrates: 40.98g
(13.66%), Net Carbohydrates: 38.21g (13.9%), Sugar: 33.83g (37.59%), Cholesterol: 88.29mg (29.43%), Sodium:
3729.92mg (162.17%), Alcohol: 5.01g (100%), Alcohol %: 1.45% (100%), Protein: 22.3g (44.61%), Selenium: 28.62µg
(40.89%), Vitamin K: 40.75µg (38.81%), Vitamin B6: 0.69mg (34.45%), Vitamin B1: 0.51mg (34.23%), Vitamin E:
4.59mg (30.61%), Vitamin B3: 6.12mg (30.59%), Manganese: 0.58mg (29.19%), Phosphorus: 253.09mg (25.31%),
Vitamin B2: 0.32mg (18.62%), Iron: 2.78mg (15.45%), Potassium: 538.81mg (15.39%), Vitamin B12: 0.86µg (14.4%),
Zinc: 2.05mg (13.65%), Calcium: 134.43mg (13.44%), Fiber: 2.77g (11.07%), Magnesium: 44.26mg (11.07%), Copper:
0.19mg (9.6%), Folate: 34.75µg (8.69%), Vitamin A: 430.76IU (8.62%), Vitamin B5: 0.85mg (8.52%), Vitamin C:
4.64mg (5.62%), Vitamin D: 0.51µg (3.43%)