



Brined Pork Chops with Soft Parmigiano Polenta

 Gluten Free

READY IN



4385 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 bay leaves
- ☐ 4 bone- in pork rib chops
- ☐ 2 carrots diced peeled
- ☐ 2 ribs celery diced
- ☐ 2 tablespoons coriander seed
- ☐ 1 tablespoon fennel pollen wild

- ☐ 2 tablespoons fennel seed
- ☐ 4 cloves garlic smashed
- ☐ 1.5 cups milk
- ☐ 1 onion diced
- ☐ 0.5 cup parmigiano grated
- ☐ 1 cup long cooking polenta
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.5 cup salt to taste
- ☐ 4 servings salt
- ☐ 0.3 cup sugar
- ☐ 1.5 cups water
- ☐ 1.5 quarts water cold

Equipment

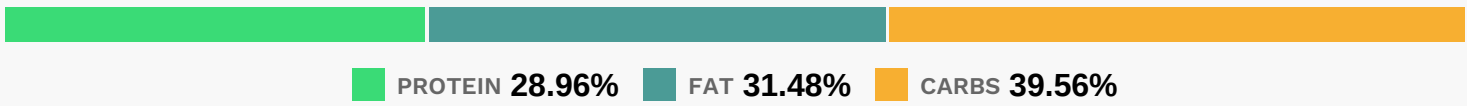
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the brine: In a large container, add all of the ingredients and stir to combine. Submerge the pork chops in the brine and refrigerate for 3 days. After 3 days remove the chops from the brine, discarding the brine.
- ☐ Preheat a grill or grill pan.
- ☐ Roll the fat edge of each pork chop with the fennel pollen.

- ☐ Place porks chop gently on the preheated grill or grill pan. After 3 to 4 minutes rotate the chops 90 degrees to create lovely grill marks. Grill the chops for another 3 to 4 minutes and then turn over and repeat the process. If the chops seem to be burning move the chops to a cooler part of the grill to allow for longer cooking time without burning. Stand the chops up so the fat edge is in contact with the grill to crisp up the fat edge, this will also make the fennel pollen very aromatic.
- ☐ Remove the chops from the grill and let rest in a warm place before serving. The doneness of the meat should be about medium to medium well and very juicy.
- ☐ Serve with polenta.
- ☐ In a medium size saucepan, bring the milk, water and bay leaf to a boil. Season generously with salt, almost to the point of over seasoning. How do you know that you are there? TASTE IT! When it has reached a boil, slowly whisk in the polenta in small sprinkles. Once all of the polenta has been incorporated, reduce heat to medium and immediately switch over to stirring with a wooden spoon. Cook the polenta for 30 to 40 minutes, adding water if the polenta becomes too thick to loosen it up.
- ☐ When the polenta is thoroughly cooked, it should look creamy and not feel gritty on your tongue.
- ☐ Remove it from the heat and stir in the Parmigiano and mascarpone.
- ☐ Serve it immediately, or place a sheet of plastic wrap right on the surface of the polenta to prevent a skin from forming on the top.
- ☐ Add a little water to the polenta and heat over low to medium heat stirring constantly to prevent burning.

Nutrition Facts



Properties

Glycemic Index:67.73, Glycemic Load:15.27, Inflammation Score:-10, Nutrition Score:34.642173476841%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 664.4kcal (33.22%), Fat: 23.11g (35.56%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 65.34g (21.78%), Net Carbohydrates: 60.56g (22.02%), Sugar: 24.33g (27.04%), Cholesterol: 136.43mg (45.48%), Sodium: 14741.84mg (640.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.84g (95.69%), Vitamin A: 5685.52IU (113.71%), Selenium: 70.17µg (100.24%), Vitamin B6: 1.46mg (73.02%), Vitamin B1: 0.99mg (66.15%), Vitamin B3: 12.54mg (62.69%), Phosphorus: 616.93mg (61.69%), Calcium: 443.46mg (44.35%), Vitamin B2: 0.57mg (33.53%), Potassium: 1082.44mg (30.93%), Zinc: 4.4mg (29.33%), Magnesium: 104.42mg (26.1%), Vitamin B12: 1.54µg (25.71%), Manganese: 0.51mg (25.39%), Iron: 3.78mg (21.01%), Vitamin B5: 1.97mg (19.73%), Fiber: 4.78g (19.13%), Copper: 0.33mg (16.35%), Vitamin D: 1.92µg (12.78%), Vitamin K: 11.18µg (10.65%), Vitamin C: 6.6mg (7.99%), Folate: 21.49µg (5.37%), Vitamin E: 0.73mg (4.87%)