



# Brined Roast Rack of Pork with Apple Chutney and Sour Mash Sauce

 **Gluten Free**

READY IN



**870 min.**

SERVINGS



**6**

CALORIES



**1198 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 container apple juice concentrate thawed
- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 10 peppercorns black
- 0.5 cup brown sugar
- 5 cups chicken stock see homemade
- 2 tablespoons flat-leaf parsley fresh finely chopped for garnish

- 2 tablespoons ginger fresh finely chopped
- 8 sprigs thyme leaves fresh
- 2 cloves garlic finely chopped
- 5 large granny smith apples cored peeled thinly sliced
- 1 teaspoon ground allspice
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 0.5 cup kosher salt
- 3 tablespoons brown sugar light
- 10 mustard seeds
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 0.3 medium onion spanish finely chopped
- 1 onion spanish peeled quartered
- 1 cup orange juice fresh
- 3 pound center pork rack of fat removed cut
- 6 servings salt and pepper black freshly ground
- 2 tablespoons butter unsalted cold
- 6 cups water
- 2 cups irish whiskey (recommended: Jack Daniels)

## Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- pot

- wooden spoon
- kitchen thermometer
- aluminum foil

## Directions

- Bring the water, apple juice concentrate, salt, sugar, onion, peppercorns, mustard seeds, thyme and bay leaves to a simmer in a large stock pot and cook until the sugar and salt are dissolved.
- Let cool completely. Submerge the roast in the brine by placing a plate on top, then cover with plastic and refrigerate for at least 12 hours and up to 24 hours.
- Preheat the oven to 425 degrees F.
- Remove the pork from the brine and pat dry with paper towels.
- Heat the oil in a large saute pan over high heat. Season the pork all over with salt and pepper and cook on both sides until golden brown, about 5 to 6 minutes.
- Transfer the pork to a baking sheet and finish cooking in the oven until cooked to an internal temperature of 150 degrees F on an instant-read thermometer, about 25 to 30 minutes.
- Remove from the oven and let rest, loosely tented with foil, for 10 minutes.
- While the pork is roasting, add the whiskey to the saute pan that the pork was cooked in, scraping the bottom of the pan with a wooden spoon, and cook until almost completely reduced.
- Add the chicken stock, bring to a boil, and cook until reduced to a sauce consistency.
- Whisk in the butter, season with salt and pepper, and stir in the parsley.
- Cut pork into chops, top each chop with some of the Apple-Ginger Chutney, and drizzle a little of the sauce around the pork chop and over the chutney.
- Garnish with parsley sprig.
- Heat the oil in a medium saucepan over medium-high heat.
- Add the onions and cook until soft, about 5 minutes.
- Add the garlic and ginger and cook for 1 minute. Increase the heat to high, then add the orange juice, brown sugar, and honey and bring to a simmer. Stir in the apples, allspice, and salt and pepper, cover, and cook for 5 minutes.

Remove the lid and cook until the apples are soft and the liquid has evaporated, about 15 minutes.

Serve with the pork.

## Nutrition Facts

**PROTEIN 17.79%** **FAT 55.31%** **CARBS 26.9%**

### Properties

Glycemic Index:79.84, Glycemic Load:11.26, Inflammation Score:-9, Nutrition Score:32.330434870461%

### Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 14mg, Epicatechin: 14mg, Epicatechin: 14mg, Epicatechin: 14mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

### Nutrients (% of daily need)

Calories: 1198.49kcal (59.92%), Fat: 62.01g (95.39%), Saturated Fat: 21.97g (137.29%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 62.34g (22.67%), Sugar: 53.61g (59.57%), Cholesterol: 179.33mg (59.78%), Sodium: 9965.41mg (433.28%), Alcohol: 28.32g (100%), Alcohol %: 3.37% (100%), Protein: 44.88g (89.76%), Vitamin B1: 1.83mg (121.77%), Selenium: 62.31µg (89.02%), Vitamin B3: 13.54mg (67.72%), Vitamin B6: 1.15mg (57.44%), Phosphorus: 500.61mg (50.06%), Vitamin B2: 0.79mg (46.22%), Vitamin C: 37.45mg (45.39%), Zinc: 5.59mg (37.29%), Potassium: 1256.59mg (35.9%), Vitamin K: 31.66µg (30.15%), Vitamin B12: 1.6µg (26.59%), Fiber: 5.49g (21.95%), Magnesium: 79.8mg (19.95%), Iron: 3.57mg (19.85%), Copper: 0.39mg (19.28%), Vitamin B5: 1.81mg (18.07%), Manganese: 0.29mg (14.66%), Folate: 48.36µg (12.09%), Calcium: 108.56mg (10.86%), Vitamin E: 1.59mg (10.57%), Vitamin A: 503.71IU (10.07%)