



Grilled Jerk Pork with Curried Peach Relish



Gluten Free



Dairy Free

READY IN



600 min.

SERVINGS



6

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon hot sauce to taste
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 tablespoon blackstrap molasses (not robust or blackstrap)
- ☐ 1.5 lb peaches
- ☐ 2 pork tenderloin
- ☐ 0.5 cup onion red chopped (1 medium)
- ☐ 3 spring onion white green trimmed (and pale parts only)
- ☐ 2 tablespoons sugar
- ☐ 0.5 lb tomatoes
- ☐ 2 tablespoons vegetable oil for basting

Equipment

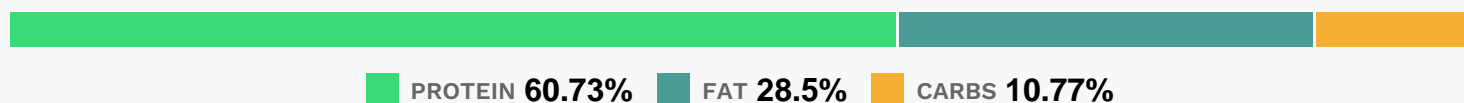
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Cut a shallow X in bottom of each peach and tomato with a sharp paring knife and blanch in 2 batches in a 4-quart saucepan of boiling water 10 seconds.
- ☐ Transfer peaches and tomatoes with a slotted spoon to a bowl of ice and cold water and let stand until cool enough to handle. Peel peaches and tomatoes, then halve peaches lengthwise and pit.
- ☐ Cut peaches into 1-inch pieces. Coarsely chop tomatoes.
- ☐ Cook onion, ginger, and salt in oil in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until softened, 3 to 4 minutes.
- ☐ Add curry powder and cook, stirring constantly, 1 minute.

- ☐ Add peaches and tomatoes with any juices, sugar, and lime juice and simmer, uncovered, stirring occasionally, until mixture is thick and peaches are tender but still hold their shape, about 8 minutes.
- ☐ Transfer to a bowl and cool, uncovered, then chill, covered, at least 8 hours.
- ☐ Combine scallions, thyme, salt, allspice, pepper, lime juice, molasses, and hot sauce in a blender and blend until smooth. Put pork in a nonreactive dish and rub all over with marinade. Marinate, covered and chilled, turning occasionally, 8 hours. Bring to room temperature before grilling.
- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas); see "Grilling Procedure," below.
- ☐ Discard any marinade remaining in dish, then brush pork lightly with oil and grill on a lightly oiled grill rack, turning occasionally and basting frequently with oil, until thermometer inserted diagonally into center of meat registers 145°F, 15 to 25 minutes.
- ☐ Transfer pork to a cutting board and let stand 15 minutes. (Internal temperature will rise to about 155°F.)
- ☐ Serve pork with relish.
- ☐ Grilling Procedure
- ☐ Hot: When you can hold your hand there for 1 to 2 seconds
- ☐ Medium-hot: 3 to 4 seconds
- ☐ Low: 5 to 6 seconds
- ☐ If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- ☐ *Available at most supermarkets and kitchenmarket.com.
- ☐ • If you aren't able to grill outdoors, pork can be cooked in a hot lightly oiled well-seasoned large ridged grill pan until thermometer inserted diagonally into center of meat registers 145°F, 15 to 25 minutes. • Relish can be made 1 week ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:60.56, Glycemic Load:8.68, Inflammation Score:-9, Nutrition Score:48.602608639261%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 858.13kcal (42.91%), Fat: 26.42g (40.65%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 19.5g (7.09%), Sugar: 17.82g (19.8%), Cholesterol: 393.03mg (131.01%), Sodium: 1127.37mg (49.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 126.68g (253.35%), Vitamin B1: 5.99mg (399.58%), Selenium: 186.42µg (266.32%), Vitamin B6: 4.74mg (237.07%), Vitamin B3: 41.25mg (206.23%), Phosphorus: 1514.95mg (151.5%), Vitamin B2: 2.1mg (123.42%), Zinc: 11.74mg (78.29%), Potassium: 2718.52mg (77.67%), Vitamin B5: 5.33mg (53.31%), Vitamin B12: 3.14µg (52.4%), Magnesium: 191.55mg (47.89%), Iron: 7.02mg (39.01%), Copper: 0.69mg (34.65%), Vitamin K: 27.88µg (26.55%), Vitamin C: 15.99mg (19.38%), Vitamin E: 2.89mg (19.3%), Manganese: 0.34mg (16.89%), Vitamin A: 822.02IU (16.44%), Vitamin D: 1.81µg (12.09%), Fiber: 2.97g (11.88%), Calcium: 68.86mg (6.89%), Folate: 20.88µg (5.22%)