



Mess Hall's Hog Chop with Cheddar Grits and Tabasco Butter

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon all spice
- ☐ 2 tablespoon apple cider vinegar
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon cayenne pepper divided
- ☐ 6 cup chicken stock see divided
- ☐ 0.5 cup half and half
- ☐ 0.3 cup juniper berries

- ☐ 0.5 cup substitute kosher salt
- ☐ 1 cup brown sugar light
- ☐ 2 pound mustard greens washed and cut into 3-inch pieces
- ☐ 1 teaspoon paprika
- ☐ 1 pinch salt & pepper to taste
- ☐ 2 shallots minced peeled
- ☐ 1.5 cup grits white stone ground
- ☐ 1.5 teaspoon all the tabasco sauce you handle red
- ☐ 12 tablespoon butter unsalted divided softened
- ☐ 1 teaspoon vegetable oil plus more for grill
- ☐ 8 ounce cheddar white grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ tongs

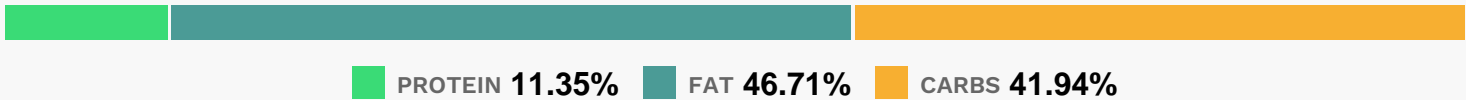
Directions

- ☐ Place brown sugar, pink salt, juniper berries, paprika, all spice, ¼ teaspoon cayenne, cinnamon stick pieces and bay leaves into a large bowl.
- ☐ Add 2 cups hot water; stirring the mixture until the sugar and salt is dissolved.
- ☐ Add 6 cups of cool water, stir to combine.
- ☐ Heat 1 teaspoon oil in a small saute pan.
- ☐ Add the shallots and cook, stirring often until softened, about 5 minutes. Scrape them into a small bowl to cool completely. Stir in 8 tablespoons softened butter and Tabasco; mix

thoroughly. Shape the butter into a log on a piece of plastic wrap. Wrap it tightly and freeze. Use within 2 weeks.Sous vide: Fill a Sous Vide machine with warm water. Set it to 138 degrees F. for medium-rare pork.

- ☐ Remove the chops from the brine, rinse them in cool water and dry thoroughly.
- ☐ Place each into a vacuum pouch, following manufacturers directions. Submerge the pouches in the water and cook for at least 2 hours and up to 4 hours.Once they've reached the proper temperature remove from water. You may now plunge them in water to cool then store in the refrigerator until ready to grill or you may remove them from the pouches, saving any accumulated juices, and grill them immediately.Make the greens: In a large high-sided skillet, heat 1 tablespoon butter over medium-high heat.
- ☐ Add diced onion, and saute until translucent and beginning to brown, about 6 minutes.
- ☐ Add the prepared mustard greens, and sprinkle with a pinch each salt and pepper.
- ☐ Once they begin to wilt add 1 cup chicken stock. Toss until greens are completely wilted.
- ☐ Add the vinegar, cover and set aside in a warm place.Make the grits: Bring remaining 5 cups chicken stock to a boil in a 4-qt. saucepan over high heat. Gradually whisk in grits; reduce heat to medium-low, and cook, whisking constantly for about 5 minutes. Continue to cook until tender whisking occasionally, about 15 more minutes.
- ☐ Remove from heat and stir in cheddar, half-and-half, remaining 3 tablespoons butter, remaining cayenne, and season with salt and pepper. Cover and set aside in a warm place.Grill the chops: Prepare a charcoal or gas grill for direct grilling over medium-high heat. Season grill with towel dipped in vegetable oil (use tongs for safety).
- ☐ Place the chops on the grill until lightly charred on the outside, about 2 minutes. Turn the chops and repeat. Your goal is charred on the outside but just warmed through on the inside because they are already cooked on the interior to the perfect doneness.To serve: Gently rewarm and loosen the grits with a bit of water if necessary. Spoon some onto 6 serving plates and top each with achop. Top each chop with a slice of Tabasco butter and drizzle some of the set aside meat juices.
- ☐ Serve the warm greens on the side and serve.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:32.35782602559%

Flavonoids

Isorhamnetin: 24.49mg, Isorhamnetin: 24.49mg, Isorhamnetin: 24.49mg, Isorhamnetin: 24.49mg Kaempferol: 57.91mg, Kaempferol: 57.91mg, Kaempferol: 57.91mg, Kaempferol: 57.91mg Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg

Nutrients (% of daily need)

Calories: 837.23kcal (41.86%), Fat: 44.29g (68.14%), Saturated Fat: 24.04g (150.24%), Carbohydrates: 89.49g (29.83%), Net Carbohydrates: 83.55g (30.38%), Sugar: 43.32g (48.13%), Cholesterol: 112.26mg (37.42%), Sodium: 10112.35mg (439.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Vitamin K: 395.69µg (376.84%), Vitamin C: 108.13mg (131.06%), Vitamin A: 6051.18IU (121.02%), Calcium: 519.58mg (51.96%), Phosphorus: 388.7mg (38.87%), Selenium: 25.5µg (36.43%), Vitamin B2: 0.61mg (35.86%), Potassium: 1044.98mg (29.86%), Vitamin E: 4.31mg (28.71%), Vitamin B6: 0.57mg (28.52%), Vitamin B3: 5.64mg (28.18%), Fiber: 5.94g (23.75%), Copper: 0.46mg (23.19%), Iron: 4.01mg (22.31%), Magnesium: 88mg (22%), Vitamin B1: 0.28mg (18.75%), Zinc: 2.46mg (16.39%), Folate: 45.2µg (11.3%), Vitamin B5: 0.83mg (8.34%), Vitamin B12: 0.49µg (8.11%), Manganese: 0.15mg (7.39%), Vitamin D: 0.65µg (4.31%)