



Pickle-Brined Pork Chops with Mushroom Escabeche and Smashed Potatoes

 Gluten Free

READY IN



1525 min.

SERVINGS



4

CALORIES



991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 servings canola oil
- ☐ 0.5 cup cream cheese softened
- ☐ 2 bay leaves dried
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 cloves garlic smashed

- ☐ 0.8 cup granulated sugar
- ☐ 2 teaspoons granulated sugar
- ☐ 0.5 cup half-and-half
- ☐ 0.8 cup kosher salt
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 lemon peels from lemon with vegetable peeler peeled
- ☐ 2 lemon zest juiced
- ☐ 0.8 pound hon shimeji mushrooms cleaned
- ☐ 1 tablespoon olive oil
- ☐ 1 bunch parsley stems fresh
- ☐ 4 servings freshly cracked pepper black
- ☐ 2 tablespoons peppercorns
- ☐ 4 double pork chops bone-in 2-inch-thick
- ☐ 1 teaspoon chili flakes red
- ☐ 1 large shallots minced
- ☐ 0.5 cup sherry vinegar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 1.5 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ potato masher
- ☐ grill

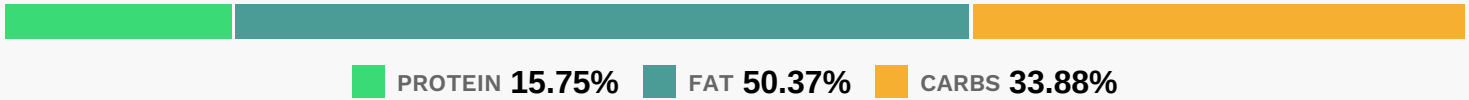
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Combine the salt, sugar, peppercorns, bay leaves, garlic, lemon peels and parsley with 3 quarts water in a large pot or bowl and whisk together.
- ☐ Add the pork chops, cover and refrigerate for at least 24 hours, turning once halfway through. This may seem like a long time, but these are seriously big pork chops. Brining will make your pork so tender and flavor it throughout.
- ☐ Place the potatoes in large pot and cover with salted cold water. The potatoes will soak up that salt like pasta and it will make a big difference in flavor. Cover and bring to a boil and cook until fork-tender, 20 to 30 minutes.
- ☐ Drain the potatoes, and return them to the same pot, allowing them to dry. Melt the butter with the half-and-half in a small saucepot over low heat.
- ☐ Add to the potatoes along with the cream cheese and season with salt and pepper. Smash with a potato masher and set aside, keeping warm until ready to serve.
- ☐ Heat the canola oil in a large saute pan over high heat.
- ☐ Add the mushrooms and saute until lightly browned in spots, 2 to 3 minutes. Season with salt and pepper, remove from the heat and reserve.
- ☐ Heat the olive oil in a small saucepot over medium heat and saute the garlic and shallots until softened, 2 to 3 minutes.
- ☐ Add the vinegar, sugar, chili flakes and lemon zest and juice. Bring to a simmer and then turn off the heat. Return the reserved mushrooms to the pot, toss to combine and absorb all of that flavor.
- ☐ Garnish with parsley.
- ☐ For preparing the pork chops: Preheat the oven to 350 degrees F.
- ☐ Heat a grill pan over high heat.
- ☐ Remove the chops from the brine and dry completely with paper towels.
- ☐ Drizzle with canola oil and sprinkle liberally with salt and pepper.
- ☐ Place the chops on the grill and sear until browned, 5 to 6 minutes on each side.

- ☐
- Transfer to a sheet tray and finish cooking in the oven until an internal temperature reaches 135 to 140 degrees F on an instant-read thermometer, 15 to 20 minutes.
- ☐
- Transfer to a plate and tent with foil.
- ☐
- Let rest 5 to 10 minutes.
- ☐
- Serve the pork chops over the smashed potatoes and top with the mushrooms.

Nutrition Facts



Properties

Glycemic Index:131.61, Glycemic Load:52.47, Inflammation Score:-10, Nutrition Score:47.198260970738%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 46.87mg, Apigenin: 46.87mg, Apigenin: 46.87mg, Apigenin: 46.87mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 3.46mg, Myricetin: 3.46mg, Myricetin: 3.46mg, Myricetin: 3.46mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 990.82kcal (49.54%), Fat: 56.66g (87.18%), Saturated Fat: 18.78g (117.38%), Carbohydrates: 85.74g (28.58%), Net Carbohydrates: 77.55g (28.2%), Sugar: 46.36g (51.51%), Cholesterol: 151.6mg (50.53%), Sodium: 21821.82mg (948.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.72%), Vitamin K: 387.77µg (369.3%), Vitamin C: 85.22mg (103.3%), Vitamin B6: 1.76mg (88.14%), Selenium: 58.01µg (82.87%), Vitamin B3: 16.13mg (80.63%), Vitamin B1: 1.17mg (77.91%), Manganese: 1.21mg (60.45%), Phosphorus: 576.79mg (57.68%), Vitamin A: 2779.01IU (55.58%), Potassium: 1868.51mg (53.39%), Vitamin B2: 0.83mg (48.84%), Vitamin E: 5.4mg (36.03%), Copper: 0.7mg (35.14%), Vitamin B5: 3.29mg (32.89%), Fiber: 8.19g (32.75%), Magnesium: 114.98mg (28.75%), Iron: 5.14mg (28.57%), Zinc: 3.79mg (25.24%), Folate: 85.27µg (21.32%), Calcium: 189.24mg (18.92%), Vitamin B12: 0.88µg (14.7%), Vitamin D: 0.86µg (5.76%)