



Rack of Pork with Pear Apple Compote

 Gluten Free  Dairy Free

READY IN



830 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider
- 1 bay leaf
- 0.5 teaspoon pepper black freshly ground
- 1 bosc pear diced peeled
- 1 tablespoon brown sugar
- 1 pinch cayenne pepper
- 1 tablespoon dijon mustard
- 0.5 cup cranberries dried

- 2 teaspoons rosemary leaves fresh chopped
- 2 cloves garlic smashed
- 1 apples i use 2 granny smith apples diced peeled
- 0.5 cup honey
- 10 juniper berries
- 1 cup kosher salt
- 4 servings oil for pan
- 0.5 cup orange juice
- 10 peppercorns
- 2 pound fatty pork rack of with 4 rib bones), frenched (ribs scraped clean of meat and fat), skin-on and scored in a 1-inch diamond pattern
- 12 inch rosemary
- 0.5 teaspoon salt
- 1 shallots chopped
- 1 cup water

Equipment

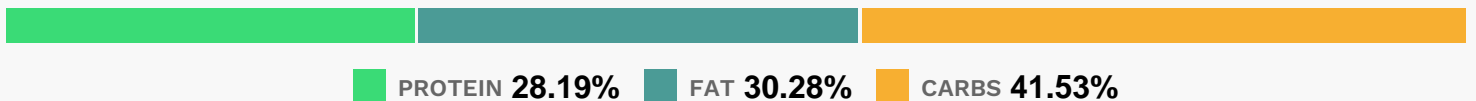
- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- In a small saucepan over high heat, dissolve the salt and honey in a cup of water.

- Remove the pan from the heat, and add the juniper, rosemary, peppercorns, bay leaf, and garlic.
- Let steep until the water cools to room temperature, about 20 minutes.
- Add the brine mixture to a large container with a lid, and add enough very cold water until you have a gallon. Submerge the pork in the brine and cover a lid.
- Let marinate, overnight, in the refrigerator.
- Preheat the oven to 350 degrees F.
- Remove the pork from the marinade, rinse and pat dry,
- Add a coating of olive oil to an oven-safe pan. Sear the pork until all of the sides are a deep golden brown.
- Transfer the pan to the oven and roast the pork until an instant-read thermometer inserted in the middle, reaches 150 degrees F, about 20 minutes a pound.
- Remove to cutting board, tent with foil and let rest for at least 15 minutes.
- While the meat is resting, prepare the compote.
- Drain all but 2 tablespoons of fat from the roasting pan.
- Put the fat in a medium pan and add the shallots.
- Saute the shallots over medium heat for 5 minutes.
- Add all of the remaining ingredients, bring to boil. Reduce the heat to medium and cook the mixture until soft and thickened, about 5 to 8 minutes.
- Transfer the compote to a serving bowl. Carve the pork into individual chops and serve with compote.

Nutrition Facts



Properties

Glycemic Index:117.94, Glycemic Load:26.44, Inflammation Score:-9, Nutrition Score:32.430869537851%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.38mg,

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Nutrients (% of daily need)

Calories: 723.02kcal (36.15%), Fat: 24.98g (38.43%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 77.08g (25.69%), Net Carbohydrates: 69.81g (25.39%), Sugar: 63.78g (70.86%), Cholesterol: 142.88mg (47.63%), Sodium: 28749.99mg (1250%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.31g (104.63%), Vitamin B6: 1.96mg (97.84%), Selenium: 65.41µg (93.44%), Vitamin B1: 1.11mg (73.83%), Vitamin B3: 13.55mg (67.77%), Phosphorus: 547.35mg (54.74%), Potassium: 1192.57mg (34.07%), Zinc: 4.68mg (31.17%), Vitamin C: 25.7mg (31.15%), Vitamin B2: 0.52mg (30.67%), Fiber: 7.27g (29.06%), Manganese: 0.5mg (24.85%), Iron: 4.41mg (24.51%), Magnesium: 93.51mg (23.38%), Vitamin E: 3.24mg (21.62%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.92mg (19.24%), Copper: 0.32mg (15.85%), Calcium: 157.26mg (15.73%), Vitamin K: 15.09µg (14.38%), Folate: 40.69µg (10.17%), Vitamin A: 355.54IU (7.11%), Vitamin D: 0.91µg (6.05%)