



Sake-Brined Pork with Plums



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon coriander seeds
- ☐ 4 garlic cloves crushed
- ☐ 0.3 cup kosher salt
- ☐ 2 pound pork tenderloin trimmed

- ☐ 1 plum pitted quartered
- ☐ 1 pound plums pitted chopped
- ☐ 0.5 cup sake
- ☐ 2.5 cups sake
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water hot
- ☐ 3 cups water

Equipment

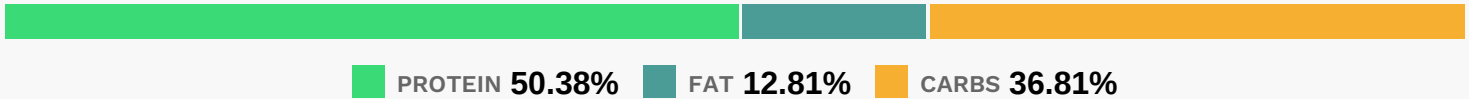
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ To prepare brine, combine 3 cups water, 1/4 cup salt, 2 tablespoons sugar, peppercorns, coriander seeds, quartered plum, and garlic in a large Dutch oven; bring to a boil, stirring until salt dissolves.
- ☐ Remove from heat; cool completely. Stir in 2 1/2 cups sake.
- ☐ Add pork to sake mixture; weight pork down with a small clean plate. Cover and refrigerate 8 hours or overnight.
- ☐ To prepare glaze, combine 1/2 cup sake, juice, 2 tablespoons sugar, 1/8 teaspoon salt, and chopped plums in a saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until plums are very tender.
- ☐ Place mixture in a food processor, and process 1 minute or until smooth. Return to pan, and simmer until reduced to 1 cup (about 10 minutes).

- ☐ Remove and reserve 1/2 cup glaze.
- ☐ Preheat oven to 40
- ☐ Remove pork from brine; discard brine.
- ☐ Place pork on the rack of a broiler pan coated with cooking spray; pat pork dry with paper towel.
- ☐ Sprinkle pork with pepper. Baste with 1/4 cup glaze.
- ☐ Bake at 400 for 20 minutes.
- ☐ Remove from oven; baste with 1/4 cup glaze. Return to oven, and bake 20 minutes or until thermometer registers 15
- ☐ Remove from oven; let stand 10 minutes before thinly slicing.
- ☐ Combine reserved 1/2 cup glaze and 1 tablespoon hot water; stir well.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:3.51, Inflammation Score:-6, Nutrition Score:17.498260814211%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 299.92kcal (15%), Fat: 2.82g (4.34%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 16.7g (6.07%), Sugar: 10.87g (12.07%), Cholesterol: 73.71mg (24.57%), Sodium: 3641.62mg (158.33%), Alcohol: 14.49g (100%), Alcohol %: 4.71% (100%), Protein: 24.99g (49.97%), Vitamin B1: 1.16mg (77.27%), Selenium: 36.69µg (52.41%), Vitamin B6: 0.93mg (46.31%), Vitamin B3: 7.9mg (39.52%), Phosphorus: 303.97mg

(30.4%), Vitamin B2: 0.41mg (24.3%), Potassium: 628.27mg (17.95%), Zinc: 2.31mg (15.4%), Manganese: 0.27mg (13.69%), Magnesium: 47.24mg (11.81%), Vitamin B5: 1.09mg (10.85%), Copper: 0.2mg (9.77%), Vitamin B12: 0.58µg (9.64%), Iron: 1.63mg (9.08%), Vitamin C: 6.91mg (8.37%), Fiber: 1.56g (6.23%), Vitamin K: 6.28µg (5.98%), Vitamin A: 231.37IU (4.63%), Calcium: 35.55mg (3.55%), Vitamin E: 0.43mg (2.9%), Vitamin D: 0.23µg (1.51%)