



Smoked Pork Chops with Peach Bourbon BBQ Sauce

 Gluten Free

READY IN



860 min.

SERVINGS



4

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 3 bay leaves
- 1 tablespoon peppercorns whole black
- 1 cup brown sugar
- 0.5 cup chicken stock see
- 6 cloves garlic fresh cut in 1/2
- 0.5 cups kosher salt

- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 0.3 cup brown sugar light
- 4 servings olive oil light for brushing
- 32 ounce peaches frozen
- 12 ounces double-cut pork chops thick
- 0.8 cup shallots minced
- 2 tablespoons butter unsalted
- 8 cups water
- 8 cups water boiling for
- 0.3 cup bourbon whiskey
- 1 tablespoon worcestershire sauce

Equipment

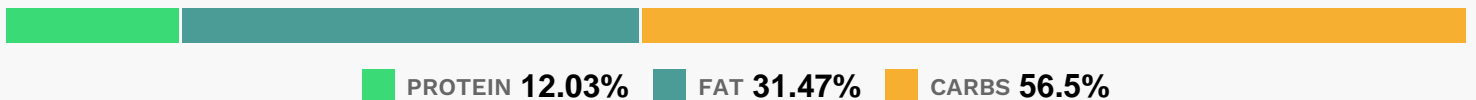
- food processor
- sauce pan
- oven
- grill
- immersion blender

Directions

- Once the brine has cooled completely, add the chops and allow to soak for at least 6 but no more than 12 hours.
- Remove chops from brine just before smoking.
- Smoke pork until internal temperature reaches 140 degrees F, or about 1 to 2 hours
- Keep grill temperature at approximately 200 to 250 degrees F or pork will overcook. Smoke chops until internal temperature reaches 140 degrees F. After desired internal temperature is reached, brush chops lightly with oil and grill over hot coals for 1 1/2 minutes; rotate 1/4 turn clockwise and grill 1 minute more to create attractive grill marks. Flip chop and repeat grilling method; the prettier side is the top.

- Chops should ultimately reach an internal temperature of 150 to 160 degrees F. If necessary, place chops in 375 degree F oven after grilling to finish cooking. For an extra fancy presentation, pull the pork off the bone, slice into 1/4-inch strips and fan out on the plate.
- Brush grilled chops with melted butter and let rest 2 minutes before serving.
- Place each chop on the plate on a serving plate.
- Serve with peach bourbon bbq sauce.
- Serving suggestion: Try adding a starch as an accompaniment: mashed potatoes, stewed white beans, or even steamed brown rice.
- In a nonreactive, stainless steel 8-quart saucepan, bring all brine ingredients to a boil and stir until sugar and salt are completely dissolved.
- Transfer to a 1-gallon plastic or stainless steel container and refrigerate until completely cooled.;
- In a medium saucepan melt butter over medium-high heat.
- Add shallots and sweat for several minutes until soft.
- Add peaches, bring to simmer and cook for 5 minutes.
- Add lemon juice, cider vinegar, brown sugar, Worcestershire sauce, and chicken stock. Simmer for 15 to 20 minutes until thick.
- Add whiskey, return to simmer, cook for 5 more minutes and remove from the heat. Adjust seasoning and sweetness. Puree mixture with immersion blender or food processor until smooth and thick.;

Nutrition Facts



Properties

Glycemic Index:54.81, Glycemic Load:10.43, Inflammation Score:-8, Nutrition Score:23.454782641452%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol:

0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 791.57kcal (39.58%), Fat: 26.73g (41.12%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 107.99g (36%), Net Carbohydrates: 102.38g (37.23%), Sugar: 94.86g (105.4%), Cholesterol: 72.93mg (24.31%), Sodium: 14391.1mg (625.7%), Alcohol: 7.08g (100%), Alcohol %: 0.59% (100%), Protein: 22.99g (45.99%), Selenium: 35.9µg (51.28%), Vitamin B6: 0.94mg (47.19%), Vitamin B3: 9.38mg (46.89%), Vitamin B1: 0.68mg (45.16%), Manganese: 0.79mg (39.58%), Phosphorus: 296.85mg (29.69%), Potassium: 976.25mg (27.89%), Copper: 0.54mg (26.96%), Vitamin E: 4.02mg (26.78%), Fiber: 5.62g (22.46%), Vitamin C: 17.8mg (21.58%), Vitamin K: 20.51µg (19.54%), Vitamin A: 943.44IU (18.87%), Magnesium: 74.38mg (18.59%), Iron: 3.12mg (17.36%), Vitamin B2: 0.28mg (16.54%), Calcium: 157.99mg (15.8%), Zinc: 2.32mg (15.49%), Vitamin B5: 1.27mg (12.71%), Folate: 33.69µg (8.42%), Vitamin B12: 0.46µg (7.71%), Vitamin D: 0.45µg (2.97%)