Pork Chops with Spiced Apple Brine (Sous Vide 131)

My own concoction
Internet Address:



30 ounces boneless pork top loin chops, about 1" thick

2 T. Tyler Florence's Spiced Apple Brine

3 cups water

POUCH SEASONINGS:

4 tablespoons capers, drained

2 teaspoons Dijon mustard

1 1/2 teaspoons fresh rosemary, chopped

Freshly ground black pepper

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

1. In a large Ziploc plastic bag combine the apple brine mixture (a flavored salt) and water. Add pork chops, seal bag and rest in refrigerator for 24 hours, turning at least once.
2. Remove chops from brine, drain and pat dry with paper towels.
3. Place 1-2 chops into vacuum seal bags and divide the seasonings (capers, mustard, rosemary and pepper) amongst the bags. Spread the mustard over one side of each chop. Seal bags using vacuum sealer. Pouches can be frozen at this point if desired. When ready to use, defrost for 24 hours in refrigerator (or put them in a bowl of cold water for about 3 hours at room temp).
4. Preheat sous vide to 131°. Place pouches in the water for 5-8 hours.
5. Remove from sous vide, cut open pouches and sear the meat on an outdoor grill (or on an indoor stovetop grill) for about 1 1/2 minutes per side, just to give the sides an attractive appearance. Serve immediately.

Per Serving (excluding unknown items): 249 Calories; 9g Fat (35.5% calories from fat); 38g Protein; trace Carbohydrate; trace Dietary Fiber; 96mg Cholesterol; 193mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.