

Doug's Low-Carb Barbecue Brine

Ingredients

- 15 cups water
- 1 cup cider vinegar
- 3/4 cup granulated Splenda
- 3/4 tbsp. molasses
- 3 tsp. dried thyme
- 1/2 tsp. chipotle powder
- 1 tsp. garlic powder
- 1/2 cup kosher salt
- 3 tbsp. freshly ground black pepper

Directions

1. In a large bowl, combine all ingredients and stir until the sugar and salt dissolve.
2. Put meat in sealable airtight plastic container or large Ziploc bags.
3. Pour brine solution until meat is completely covered.
4. Seal and refrigerate overnight.
5. Thoroughly rinse meat after brining before cooking.
6. Use brine immediately after making.

Notes

Brining pork chops, even for a short time, provides a little wiggle room on doneness. If you cook the meat for a minute or so too long, the brine will help keep the pork moist. After placing the pork in the brine, refrigerate until ready to cook.