



Braised and Roasted Pork Shanks with Prosciutto and Porcini Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 ounce the following: parmesan rind) dried
- ☐ 1 cup wine dry white
- ☐ 2 teaspoons rosemary leaves fresh divided chopped
- ☐ 3 teaspoons sage fresh divided chopped
- ☐ 6 garlic clove chopped

- ☐ 1 cup leek white green chopped (and pale parts only)
- ☐ 1 cup chicken broth
- ☐ 4 tablespoons olive oil divided
- ☐ 1 large onion chopped
- ☐ 4 servings parsley fresh italian chopped
- ☐ 4 pork shank fresh whole with rind (each 1 1/4 to 1 1/2 pounds)
- ☐ 2 ounces pancetta chopped
- ☐ 1 cup water boiling

Equipment

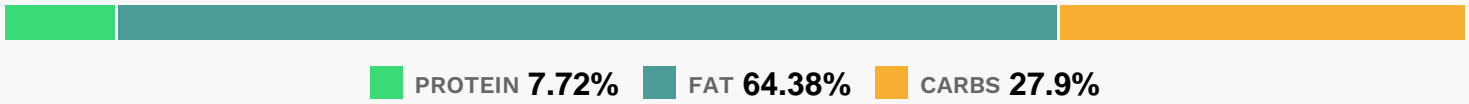
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Place porcini mushrooms in small bowl.
- ☐ Pour 1 cup boiling water over and let stand until mushrooms soften, at least 30 minutes.
- ☐ Drain and chop mushrooms; reserve soaking liquid.
- ☐ Preheat oven to 325F.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Heat 3 tablespoons oil in heavy large wide pot over medium-high heat.
- ☐ Add pork, in batches if necessary, and saut until brown on all sides, about 15 minutes.
- ☐ Transfer pork to rimmed baking sheet.
- ☐ Spoon off and discard all but 2 tablespoons fat from pot. Reduce heat to medium.
- ☐ Add onion, carrots, leek, celery, and prosciutto. Cover and cook until vegetables are soft and beginning to color, stirring occasionally, about 10 minutes.
- ☐ Mix in garlic and chopped porcini.

- ☐ Add wine and bring to boil, scraping up any browned bits.
- ☐ Add broth and reserved mushroom soaking liquid, leaving any sediment in bowl.
- ☐ Mix in 1 teaspoon sage and 1 teaspoon rosemary. Return pork and any accumulated juices to pot, arranging in single layer.
- ☐ Bring pork mixture to boil, cover pot, and place in oven. Braise pork until very tender, turning over every 30 minutes, about 1 hour 30 minutes. Do ahead Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep refrigerated. Simmer until just warm before continuing.
- ☐ Preheat oven to 425F.
- ☐ Transfer pork to rimmed baking sheet.
- ☐ Brush with remaining 1 tablespoon oil; sprinkle with remaining 2 teaspoons sage, 1 teaspoon rosemary, and black pepper. Roast pork until browned, about 20 minutes.
- ☐ Meanwhile, tilt pan and spoon any fat from surface of sauce. Boil until sauce coats spoon lightly, about 7 minutes. Season with salt and pepper.
- ☐ Spoon sauce onto large shallow platter or divide among 4 shallow bowls. Top sauce with pork, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:53.71, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:22.932608573333%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 8.99mg, Apigenin: 8.99mg, Apigenin: 8.99mg, Apigenin: 8.99mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 317.53kcal (15.88%), Fat: 20.42g (31.41%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 16.61g (6.04%), Sugar: 5.03g (5.59%), Cholesterol: 10.02mg (3.34%), Sodium: 160.82mg (6.99%), Alcohol: 6.18g (100%), Alcohol %: 2.37% (100%), Protein: 5.51g (11.01%), Copper: 5.04mg (252.1%), Vitamin A: 6118.42IU (122.37%), Vitamin K: 92.88µg (88.45%), Manganese: 0.6mg (30.05%), Vitamin B5: 1.9mg (19.01%), Vitamin B6: 0.36mg (17.86%), Vitamin C: 14.71mg (17.83%), Vitamin E: 2.57mg (17.14%), Vitamin B3: 3.08mg (15.39%), Potassium: 510.52mg (14.59%), Fiber: 3.29g (13.17%), Folate: 50.41µg (12.6%), Phosphorus: 114.67mg (11.47%), Vitamin B2: 0.19mg (10.88%), Selenium: 7.52µg (10.75%), Magnesium: 39.38mg (9.84%), Iron: 1.71mg (9.53%), Vitamin B1: 0.14mg (9.32%), Zinc: 1.18mg (7.85%), Calcium: 72.3mg (7.23%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.34µg (2.24%)