



Braised Hawaiian Pork Shoulder

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 0.3 cup canola oil divided
- 2 cups chicken stock see
- 4 cloves garlic smashed
- 3 inch ginger sliced
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 2 teaspoons kosher salt red

- 1 onion chopped
- 2 teaspoons paprika
- 0.5 teaspoon freshly cracked pepper black
- 1 cup pineapple juice
- 1.5 pounds boston pork butt

Equipment

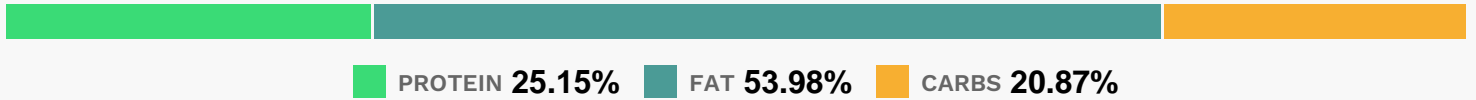
- bowl
- baking sheet
- oven
- pot
- broiler
- dutch oven
- kitchen twine

Directions

- Watch how to make this recipe.
- Special Equipment: Butcher's twine
- In a small bowl, combine the brown sugar, Hawaiian salt, paprika, cumin, coriander and black pepper.
- Cut the pork into 4 equal portions, then tie each cut with some butcher's twine. Lightly sprinkle each piece with 1 1/2 teaspoons of the spice mixture.
- Preheat the oven to 300 degrees F.
- Heat 3 tablespoons canola oil in a large Dutch oven over medium heat. Sear each cut of pork on all sides, then transfer them to a plate.
- Add the remaining 1 tablespoon canola oil to the same pot along with the onions, ginger, and garlic.
- Saute for 2 minutes.
- Pour in the pineapple juice and chicken stock and return the pork to the pot. Cover put the pot into the oven to braise until the pork is fork tender, about for 2 1/2 hours.

- Remove the pork from the Dutch oven and arrange the pieces on a baking sheet.
- Sprinkle each piece with the remaining 1/2 teaspoon of the spice mixture and put them under a low broiler until their tops are brown and crisp but not burned, about 2 minutes.
- Transfer the pork to a serving platter and serve with a drizzle of braising liquid.
- Serve the pork with the Mashed Parsnips and Celery Root, if desired.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:4.47, Inflammation Score:-6, Nutrition Score:18.930000180783%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 387.99kcal (19.4%), Fat: 23.24g (35.75%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 18.92g (6.88%), Sugar: 12.09g (13.43%), Cholesterol: 73.12mg (24.37%), Sodium: 1418.75mg (61.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.71%), Vitamin B1: 1.02mg (67.94%), Selenium: 34.1µg (48.72%), Vitamin B3: 6.66mg (33.32%), Vitamin B6: 0.67mg (33.29%), Vitamin B2: 0.47mg (27.47%), Phosphorus: 266.99mg (26.7%), Zinc: 3.66mg (24.43%), Manganese: 0.47mg (23.66%), Potassium: 668.48mg (19.1%), Vitamin E: 2.82mg (18.81%), Vitamin B12: 0.87µg (14.53%), Iron: 2.31mg (12.86%), Copper: 0.26mg (12.75%), Vitamin C: 10.28mg (12.47%), Vitamin K: 11.79µg (11.23%), Magnesium: 43.67mg (10.92%), Vitamin A: 510.68IU (10.21%), Vitamin B5: 0.98mg (9.81%), Folate: 28.29µg (7.07%), Fiber: 1.3g (5.19%), Calcium: 49.1mg (4.91%)