

food
network



HEALTH SCORE

58%

Braised Pork Shanks with Mushroom Dumplings

READY IN

**170 min.**

SERVINGS

**4**

CALORIES

**1174 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 large carrots chopped
- ☐ 2 ribs celery diced
- ☐ 2 cups chicken broth
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons chives finely chopped

- ☐ 10.5 ounce cream of mushroom soup canned
- ☐ 1 cup flour all-purpose
- ☐ 1 sprig rosemary fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 4 cloves garlic peeled
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 cups grapeseed oil
- ☐ 2 tablespoons kosher salt
- ☐ 1 large onion diced
- ☐ 2 tablespoons cracked pepper black
- ☐ 3.8 pounds pork shanks
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups self-rising flour
- ☐ 1 cup sherry wine
- ☐ 1 teaspoon paprika smoked

Equipment

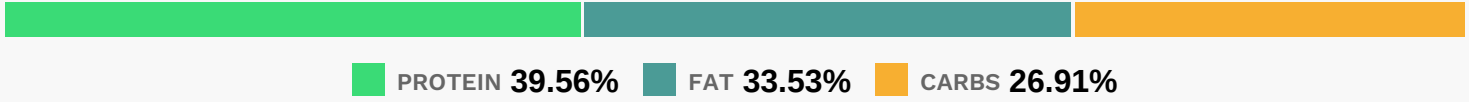
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 325 degrees F.

- ☐ In a shallow 9 by 9-inch baking dish, add the flour, salt, pepper, and paprika.
- ☐ Mix well. Dredge each pork shank into the flour until evenly coated. Shake off excess flour.
- ☐ In a large heavy casserole dish or Dutch oven over medium-high heat, add the grapeseed oil. Sear the shanks on all sides until evenly browned, about 5 to 7 minutes.
- ☐ Remove the seared shanks to a platter.
- ☐ Add onions, celery, carrots, garlic, rosemary and thyme to the Dutch oven. Cook stirring frequently until vegetables soften, about 3 to 4 minutes.
- ☐ Add the sherry and allow the wine to reduce by half. Stir in the chicken broth and beef stock. Bring to a boil and add the shanks back to pan. Cover and put into the oven. Braise until the meat is fork tender and pulling away from the bones, about 2 to 2 1/2 hours. Turn oven off.
- ☐ Remove the shanks from the pot and arrange on a quarter sheet tray, cover with foil and keep warm in the oven. Skim off any excess fat and strain liquid into a large mixing bowl, discarding the solids.
- ☐ Put the strained liquid back into the braising pot and bring to a simmer over low heat.
- ☐ Sift the flour, salt, garlic powder and pepper into a medium-sized mixing bowl.
- ☐ Combine the butter into flour with your hands until well incorporated.
- ☐ Add the chives and the soup.
- ☐ Mix together well with your hands to form a soft dumpling dough. Drop the dumpling dough by the tablespoonfuls into the strained liquid with an additional 1 cup of chicken stock. Cook the dumplings for 8 to 10 minutes. Arrange the pork shanks on a platter and ladle the sauce and dumplings over top.

Nutrition Facts



Properties

Glycemic Index:142.71, Glycemic Load:39.16, Inflammation Score:-10, Nutrition Score:56.207391365715%

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: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg

0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg
Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 0.58mg,
Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin:
0.09mg, Myricetin: 0.09mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 1173.66kcal (58.68%), Fat: 41.41g (63.71%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 74.76g (24.92%),
Net Carbohydrates: 69.16g (25.15%), Sugar: 7.44g (8.27%), Cholesterol: 296.06mg (98.69%), Sodium: 5532.06mg
(240.52%), Alcohol: 6.18g (100%), Alcohol %: 0.67% (100%), Protein: 109.93g (219.86%), Vitamin A: 9596.55IU
(191.93%), Vitamin B1: 2.67mg (178.06%), Selenium: 121.05µg (172.93%), Vitamin B3: 32.67mg (163.34%), Vitamin B6:
2.65mg (132.52%), Vitamin B2: 1.99mg (117.27%), Phosphorus: 1164.34mg (116.43%), Manganese: 1.63mg (81.36%),
Zinc: 11.74mg (78.24%), Potassium: 2273.98mg (64.97%), Vitamin E: 8.45mg (56.33%), Copper: 1.09mg (54.65%),
Iron: 7.21mg (40.06%), Vitamin B12: 2.32µg (38.62%), Magnesium: 150.66mg (37.67%), Vitamin B5: 3.46mg
(34.64%), Folate: 108.87µg (27.22%), Fiber: 5.6g (22.42%), Vitamin K: 23.04µg (21.95%), Calcium: 148.43mg
(14.84%), Vitamin C: 9.32mg (11.3%), Vitamin D: 1.28µg (8.5%)