



Braised Pork Shoulder in Hoisin-Wine Sauce with Dried Plums



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 1 tablespoon chili paste depending on your taste pref with garlic
- ☐ 10 prune- cut to pieces dried pitted halved
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 2 garlic clove minced
- ☐ 3 garlic clove minced
- ☐ 0.3 cup hoisin sauce

- ☐ 1 tablespoon hoisin sauce
- ☐ 2 cups onion chopped
- ☐ 3.5 pounds pork butt trimmed
- ☐ 0.8 cup rice wine (rice wine)
- ☐ 1 tablespoon rice wine (rice wine)
- ☐ 1.5 teaspoons salt

Equipment

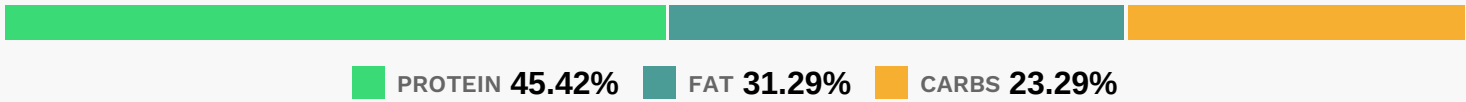
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ To prepare marinade, combine first 4 ingredients, and rub evenly over pork. Cover and marinate pork in refrigerator 24 hours.
- ☐ Preheat oven to 30
- ☐ To prepare roast, heat a Dutch oven over medium-high heat.
- ☐ Sprinkle pork with salt.
- ☐ Add pork to pan; cook 8 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Add onion and garlic to pan; saut 2 minutes. Stir in broth, 3/4 cup sake, hoisin, and chile paste. Return pork to pan; cover and bake at 300 for 3 hours. Reduce oven temperature to 250 (do not remove pork from oven); cook 30 minutes.
- ☐ Remove pork from pan; let stand 15 minutes. Use two forks to pull apart pork into bite-sized pieces.
- ☐ Remove and discard any visible fat.
- ☐ Strain wine mixture through a sieve over a bowl; discard solids.

- ☐
- Place a large zip-top plastic bag inside a 4-cup glass measure.
- ☐
- Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐
- Drain drippings back into pan, stopping before the fat layer reaches opening; discard fat.
- ☐
- Add dried plums to pan; bring to a boil. Cook until sauce is reduced to 2 cups (about 10 minutes).
- ☐
- Perfect wine: Dr. Weims-Prum Wehlener Sonnenuhr Riesling Spatlese 2002 (Mosel-Saar-Ruwer, Ger- many), \$ The pure, clean crispness and high acidity of German rieslings are great when juxtaposed with rich pork roasts. This riesling also has hints of apricot that work beautifully against the sweetness of the dried plums and Asian hoisin sauce in the roast.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:2.45, Inflammation Score:-4, Nutrition Score:20.290434521178%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 298.98kcal (14.95%), Fat: 9.47g (14.57%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 14.33g (5.21%), Sugar: 8.45g (9.39%), Cholesterol: 95.51mg (31.84%), Sodium: 684.82mg (29.77%), Alcohol: 3.14g (100%), Alcohol %: 1.55% (100%), Protein: 30.94g (61.88%), Selenium: 46.13µg (65.89%), Vitamin B1: 0.91mg (60.8%), Vitamin B6: 0.92mg (45.8%), Vitamin B2: 0.66mg (38.99%), Vitamin B3: 7.45mg (37.26%), Zinc: 5.49mg (36.6%), Phosphorus: 346.92mg (34.69%), Vitamin B5: 2.61mg (26.12%), Vitamin B12: 1.49µg (24.83%), Potassium: 692.95mg (19.8%), Iron: 2.25mg (12.5%), Magnesium: 46.31mg (11.58%), Copper: 0.23mg (11.33%), Manganese: 0.14mg (7.12%), Vitamin D: 0.95µg (6.35%), Fiber: 1.53g (6.12%), Vitamin K: 6.17µg (5.87%), Calcium: 42.4mg (4.24%), Vitamin C: 3.19mg (3.86%), Vitamin E: 0.46mg (3.06%), Folate: 8.87µg (2.22%), Vitamin A: 82.57IU (1.65%)