



WHATSheATE



HEALTH SCORE

54%

Braised Pork Shoulder with Potato Fennel Puree



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 4 pound pork shoulder boneless (Boston butt)
- ☐ 3 medium fennel bulb fresh with fronds attached, all fronds trimmed and reserved, each bulb cut through root end into 8 wedges
- ☐ 1 tablespoon fennel seeds
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup orange juice fresh

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 tablespoon salt
- ☐ 1.5 pounds yukon gold potatoes peeled quartered

Equipment

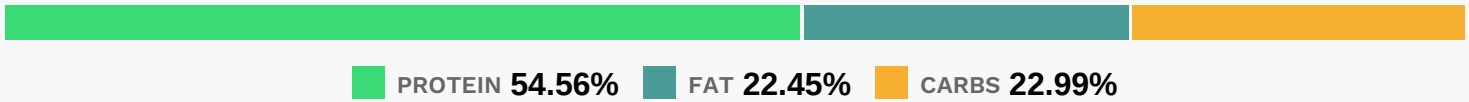
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Chop enough reserved fennel fronds to measure 1 cup; set aside remaining fronds for garnish.
- ☐ Place chopped fronds in blender.
- ☐ Add olive oil, orange juice, orange peel, fennel seeds, and crushed red pepper; blend to paste, scraping down sides of jar occasionally.
- ☐ Sprinkle pork roast on all sides with 1 tablespoon salt and 1 1/2 teaspoons pepper.
- ☐ Spread fennel paste on all sides of pork to coat.
- ☐ Place pork on plate; chill uncovered overnight.
- ☐ Preheat oven to 325°F. Arrange pork, fat side up, in large roasting pan. Cover pan with foil. Roast pork 1 hour.
- ☐ Add broth to pan. Arrange potatoes and fennel wedges around pork. Cover pan again and roast until thermometer inserted into thickest part of pork registers 190°F to 200°F, about 2 1/2 hours longer.
- ☐ Using slotted spoon, transfer fennel wedges to processor; blend to almost-smooth puree.
- ☐ Transfer potatoes to large microwave-safe bowl; mash until smooth.

- ☐ Mix fennel puree and extra-virgin olive oil into potatoes. Season with salt and pepper.
- ☐ Spoon pan juices from roasting pan into small saucepan. Spoon off fat and reserve.
- ☐ Increase oven temperature to 375°F. Return pork to oven. Roast until top browns, about 20 minutes.
- ☐ Let rest 15 minutes. Meanwhile, rewarm vegetable puree in microwave; transfer puree to serving bowl. Rewarm pan juices; season to taste with salt and pepper.
- ☐ Slice pork and arrange on platter. Spoon some pan juices over.
- ☐ Garnish platter with fennel fronds.
- ☐ Serve pork with puree, passing pan juices.
- ☐ With the pork, pour a Sangiovese. Try the smooth, medium-bodied
- ☐ Tenuta di Sesta 2007 Rosso di Montalcino (Italy, \$17). The wine's fruit and mineral flavors can stand up to the meat.
- ☐ This recipe calls for fennel fronds, the green leafy tops of the fennel bulb. Look for fennel with the fronds still attached at some farmers' markets or ask the produce manager at your supermarket to set some aside for you.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 26.59, Glycemic Load: 12.99, Inflammation Score: -6, Nutrition Score: 38.050000066343%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 405.92kcal (20.3%), Fat: 9.96g (15.32%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 17.9g (6.51%), Sugar: 4.79g (5.33%), Cholesterol: 136.08mg (45.36%), Sodium: 1052.58mg (45.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.45g (108.9%), Vitamin B3: 23.53mg (117.66%), Vitamin B1: 1.55mg (103.36%), Vitamin B6: 1.94mg (97.07%), Selenium: 59.44µg (84.91%), Vitamin B2: 1.12mg

(65.95%), Phosphorus: 622.08mg (62.21%), Vitamin K: 58.53µg (55.74%), Potassium: 1627.14mg (46.49%), Vitamin C: 31.32mg (37.96%), Vitamin B12: 1.99µg (33.13%), Zinc: 4.9mg (32.69%), Vitamin B5: 2.7mg (27.04%), Magnesium: 98.18mg (24.55%), Manganese: 0.43mg (21.59%), Fiber: 5.04g (20.17%), Iron: 3.58mg (19.91%), Copper: 0.35mg (17.4%), Folate: 39.72µg (9.93%), Calcium: 82.12mg (8.21%), Vitamin E: 1.01mg (6.7%), Vitamin A: 174.91IU (3.5%)