



Braised Pork Shoulder with Quince

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5.5 pound boston butt pork shoulder boneless trimmed (Boston butt)
- ☐ 1 tablespoon butter
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery chopped
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 10 servings mint leaves fresh chopped

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 large garlic cloves chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 pinch ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 10 servings juice of lemon
- ☐ 10 servings lemon wedges
- ☐ 0.5 cup low-salt chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onions chopped
- ☐ 2 teaspoons paprika
- ☐ 1 cup pomegranate juice
- ☐ 3 large quinces cored peeled cut into 8 wedges ()
- ☐ 2 tablespoons currant jelly red

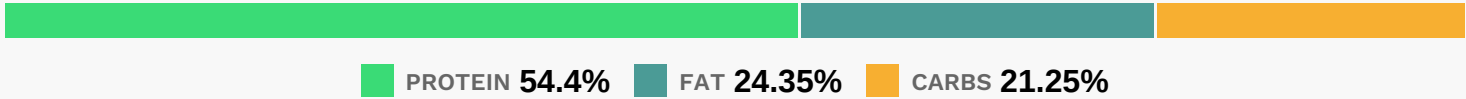
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ peeler
- ☐ chefs knife

Directions

- ☐ Stir paprika, 1 1/2 teaspoons coarse kosher salt, 1 teaspoon black pepper, coriander, ginger, allspice, and cinnamon in small bowl to blend.
- ☐ Spread spice mixture all over pork shoulder. Wrap in plastic and refrigerate overnight.
- ☐ Preheat oven to 325°F. Melt butter with oil in heavy large oven-proof pot over medium-high heat.
- ☐ Add pork shoulder and brown on all sides, about 10 minutes.
- ☐ Transfer pork to plate.
- ☐ Pour off all but 2 tablespoons drippings from pot and reduce heat to medium.
- ☐ Add quince to pot. Sauté until cut sides are lightly browned, 5 to 7 minutes. Using slotted spoon, transfer quince to bowl.
- ☐ Add onions, celery, and carrot to pot. Sauté until vegetables begin to soften, about 10 minutes.
- ☐ Add garlic;auté 1 minute.
- ☐ Add pomegranate juice and chicken broth. Bring to boil, scraping up browned bits.
- ☐ Add red currant jelly, bay leaves, and thyme, then quince. Return pork to pot, fat side up. Cover pot with foil, then lid; place in oven.
- ☐ Braise pork until very tender and thermometer inserted into center registers 165°F, basting occasionally, about 2 hours 15 minutes. Cool pork uncovered at room temperature 1 hour. Chill uncovered until cold, then cover and chill at least 1 day and up to 3 days.
- ☐ Preheat oven to 350°F.
- ☐ Transfer pork to work surface.
- ☐ Cut off string.
- ☐ Cut pork crosswise into 1/2-inch-thick slices. Overlap slices in 13x9x2-inch baking dish. Using slotted spoon, arrange vegetables and quince around pork. Boil juices in pot until thickened enough to coat spoon, about 15 minutes. Season with coarse kosher salt, pepper, and lemon juice to taste.
- ☐ Pour over pork. Cover and bake until heated through, about 30 minutes.
- ☐ Sprinkle pork with chopped mint; surround with lemon wedges and serve.
- ☐ Quinces are ripe when their peel changes from green to yellow. They should still be quite firm—soft quinces are rotten. Because they're so hard, they can be difficult to prepare. First, use a vegetable peeler to remove the skin. Next, use a chef's knife to cut the fruit lengthwise (through the core) into wedges. With a small paring knife, carefully remove the core. To prevent the cut pieces from browning, soak them in lemon water.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:5.71, Inflammation Score:-9, Nutrition Score:35.086956397347%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 429.05kcal (21.45%), Fat: 11.45g (17.61%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 19.81g (7.21%), Sugar: 7.28g (8.09%), Cholesterol: 152.7mg (50.9%), Sodium: 513.16mg (22.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.53g (115.07%), Vitamin B3: 24.53mg (122.64%), Vitamin B1: 1.66mg (110.4%), Vitamin B6: 1.92mg (96.12%), Selenium: 65.42µg (93.46%), Vitamin B2: 1.22mg (71.74%), Phosphorus: 609.23mg (60.92%), Vitamin B12: 2.18µg (36.41%), Potassium: 1267.28mg (36.21%), Zinc: 5.07mg (33.83%), Vitamin A: 1407.36IU (28.15%), Vitamin B5: 2.69mg (26.92%), Vitamin C: 20.77mg (25.17%), Magnesium: 81.19mg (20.3%), Iron: 3.16mg (17.55%), Copper: 0.33mg (16.42%), Manganese: 0.22mg (11.19%), Fiber: 2.67g (10.68%), Vitamin K: 6.65µg (6.34%), Folate: 22.26µg (5.57%), Calcium: 50.89mg (5.09%), Vitamin E: 0.74mg (4.93%)