



Braised pork with plums



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.6 kg boston butt pork shoulder
- ☐ 5 tbsp rice wine
- ☐ 5 tbsp soy sauce dark light for flavour, 1 tbsp for colour
- ☐ 1 piece ginger fresh generous
- ☐ 5 garlic clove
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 2 tbsp vegetable oil
- ☐ 1 bunch spring onion finely sliced

- ☐ 2 star anise
- ☐ 1.5 tsp five spice powder
- ☐ 1 cinnamon sticks
- ☐ 2 tbsp sugar
- ☐ 1 tbsp tomato purée
- ☐ 500 ml chicken stock see
- ☐ 6 plums ripe halved

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Cut the pork into big pieces about the length of your thumb and twice as wide. Put into a bowl or food bag, and add the wine, soy sauces, half the ginger, half the garlic and half the chilli. Marinate for at least 1 hr or up to 24 hrs.
- ☐ Heat oven to 160C/140C fan/gas 3, then heat the oil in a large casserole. Tip in half the spring onions, remaining ginger and garlic, the star anise, five-spice powder and cinnamon. Fry gently until fragrant and soft. Stir in the sugar, turn up the heat, then lift the pork from the marinade and turn in the oniony mix for about 3 mins until the meat is just sealed but not browned. Tip in the marinade, tomato pure and stock, give it a stir, cover, then braise in the oven for 2 hrs.
- ☐ After the first hr is up, add the plums to the pan. Take the lid off and carry on the cooking, uncovered. The meat should be completely tender, turning golden brown where it breaks the surface of the sauce. Spoon off any excess fat from the surface, then scoop the meat and plums carefully from the pan with a slotted spoon. Turn up the heat and boil the sauce for 5–10 mins until reduced and slightly syrupy. Return everything to the pan, gently warm through, then scatter the rest of the spring onions over the top to serve.

Nutrition Facts



Properties

Glycemic Index:32.59, Glycemic Load:4.54, Inflammation Score:-5, Nutrition Score:19.015217490818%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 298.99kcal (14.95%), Fat: 13.25g (20.38%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 13.07g (4.75%), Sugar: 9.61g (10.67%), Cholesterol: 83.64mg (27.88%), Sodium: 814.21mg (35.4%), Alcohol: 1.51g (100%), Alcohol %: 0.69% (100%), Protein: 27.55g (55.09%), Vitamin B1: 1.13mg (75.66%), Selenium: 38.02µg (54.31%), Vitamin B3: 7.04mg (35.2%), Vitamin B6: 0.65mg (32.32%), Phosphorus: 298.84mg (29.88%), Vitamin B2: 0.48mg (28.34%), Zinc: 4.14mg (27.59%), Vitamin C: 15.52mg (18.81%), Potassium: 649.18mg (18.55%), Vitamin B12: 1.02µg (17.08%), Vitamin K: 16.78µg (15.98%), Iron: 2.57mg (14.26%), Manganese: 0.25mg (12.41%), Vitamin B5: 1.16mg (11.57%), Copper: 0.23mg (11.53%), Magnesium: 41.84mg (10.46%), Fiber: 1.42g (5.67%), Vitamin A: 278.23IU (5.56%), Folate: 17.48µg (4.37%), Calcium: 42.39mg (4.24%), Vitamin E: 0.53mg (3.56%)