



Braised, Stuffed Pork Shoulder

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds pork shoulder roast
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 cups beef stock boiling
- ☐ 1 cup cooking wine dry white (like a Sauvignon blanc)
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 teaspoons herbs mixed dried italian (can use an herbes de provence, or seasoning blend)
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons parsley chopped

- ☐ 1 teaspoon herbs mixed dried
- ☐ 8 servings salt and pepper
- ☐ 1 eggs
- ☐ 0.3 cup breadcrumbs

Equipment

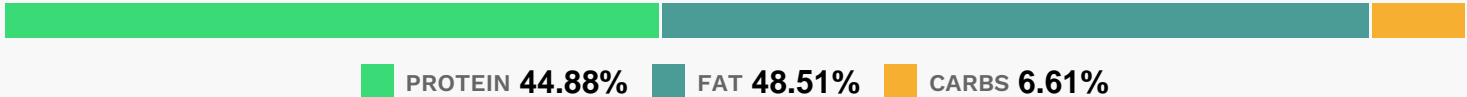
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ stove
- ☐ cutting board

Directions

- ☐ Marinate pork:
- ☐ Mix together the marinade ingredients in a large bowl.
- ☐ Add the pork roast and turn it to coat it all over with the marinade. Marinate for several hours in the refrigerator.
- ☐ Remove from refrigerator 1 to 2 hours before cooking to bring closer to room temp.
- ☐ Remove pork roast from marinade, pat dry. Reserve marinade.
- ☐ Make the stuffing:
- ☐ Combine the stuffing ingredients until the mixture has the consistency of a paste.
- ☐ Stuff the roast: Open up the pork roast to expose where the bone had been. Smear the stuffing onto this surface. Tie up the pork roast to enclose the stuffing. Rub the pork with olive oil.
- ☐ Sear the roast in oven or on stovetop: Either place the pork in a large roasting pan and sear it in a pre-heated 425°F oven for 30 minutes or until the surface is golden brown, OR sear the roast on all sides in a large cast iron frying pan on medium high heat on the stovetop.

- ☐ Transfer the pork to a thick-bottomed pot with a cover just large enough to contain it. (We used a 2 1/2 quart Le Creuset.)
- ☐ Drain off the fat from the roasting pan or searing pan, then strain the marinade into the pan and heat, stirring to deglaze the pan juices.
- ☐ marinade and stock to pot with pork, cover and cook:
- ☐ Pour the marinade over the pork and add enough stock to come one-half or two-thirds of the way up the side of the meat.
- ☐ Heat on high to bring to a simmer, lower the heat to maintain a bare simmer, cover the pot and simmer for about one and a half hours.
- ☐ OR if you've already heated the oven to sear the roast, bring to a simmer and then put it in a 325°F oven for 1 1/2 hours.
- ☐ meat to cutting board, reduce liquids to make a sauce:
- ☐ Transfer the meat to a cutting board. Strain the liquid from the pot into a small saucepan, let settle enough to skim the fat, and simmer until the sauce is reduced by half.
- ☐ Remove the strings from the meat, slice it or cut it into wedges, and serve with the sauce.
- ☐ Excellent served with mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:19.15434755968%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 291.11kcal (14.56%), Fat: 14.17g (21.81%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.58g (0.64%), Cholesterol: 113.15mg (37.72%), Sodium: 451.21mg (19.62%), Alcohol: 3.1g (100%), Alcohol %: 1.62% (100%), Protein: 29.5g (59.01%), Vitamin B1: 1.28mg (85.46%), Selenium: 44.2µg (63.14%), Vitamin B3: 6.7mg (33.51%), Phosphorus: 317.01mg (31.7%), Vitamin B6: 0.63mg (31.64%), Vitamin

B2: 0.53mg (31.24%), Zinc: 4.61mg (30.73%), Vitamin K: 25.25µg (24.05%), Vitamin B12: 1.22µg (20.38%), Potassium: 608.72mg (17.39%), Iron: 2.67mg (14.83%), Vitamin B5: 1.25mg (12.49%), Magnesium: 36.89mg (9.22%), Copper: 0.18mg (9.2%), Manganese: 0.09mg (4.67%), Calcium: 43.44mg (4.34%), Folate: 16.9µg (4.22%), Vitamin E: 0.61mg (4.04%), Vitamin C: 2.86mg (3.47%), Vitamin A: 136.92IU (2.74%), Fiber: 0.34g (1.36%)