



Caucasus-Style Braised Pork Shoulder



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons coriander seeds
- ☐ 1 teaspoon fenugreek seeds
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 large garlic cloves
- ☐ 3 teaspoons kosher salt
- ☐ 4 tablespoons olive oil
- ☐ 5 pound pork shoulder roast bone-in trimmed (also called picnic roast)
- ☐ 1 large onion red chopped

- ☐ 0.8 teaspoon red-pepper flakes dried hot
- ☐ 1 tablespoon red-wine vinegar
- ☐ 2 cups water

Equipment

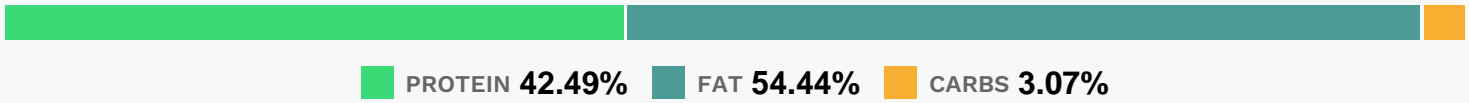
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ tongs

Directions

- ☐ Mince garlic, then mash to a paste with 2 teaspoons kosher salt using a heavy knife. Grind coriander and fenugreek seeds and red-pepper flakes to a powder in grinder, then stir together with garlic and 2 tablespoons oil in a small bowl. Make 2-inch-deep slits all over meat with a small sharp knife and push some of paste into slits. Rub remaining paste all over meat. Put pork in a bowl and marinate, covered and chilled, at least 8 hours.
- ☐ Bring meat to room temperature, about 1 hour.
- ☐ Put oven rack in lower third of oven and preheat oven to 350°F.
- ☐ Heat remaining 2 tablespoons oil in a wide 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then brown pork on all sides, turning with tongs and a large kitchen fork, about 8 minutes total.
- ☐ Transfer pork to a large plate and cook onion in fat remaining in pot, stirring occasionally and scraping up brown bits, until beginning to brown, 7 to 8 minutes. Return pork to pot and add water and remaining teaspoon kosher salt. Bring to a boil, then cover tightly with lid and transfer to oven. Braise, turning meat once, until very tender, about 3 hours. Cool pork in pan juices completely, uncovered, about 1 1/2 hours, then chill, covered, at least 8 hours.
- ☐ Put oven rack in lower third of oven and preheat oven to 350°F.
- ☐ Remove fat from surface of pan juices and reheat pork (with pan juices), covered, in oven 1 hour.

- ☐
- Transfer pork to a platter using cleaned tongs and large fork. Stir cilantro, vinegar, and table salt and pepper to taste into pan juices and serve with pork.
- ☐
- Pork can be marinated up to 3 days. •Braised pork can be chilled up to 2 days.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:26.462173918019%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 439.7kcal (21.98%), Fat: 26.03g (40.04%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.83g (0.92%), Cholesterol: 154.49mg (51.5%), Sodium: 1348.77mg (58.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.71g (91.41%), Vitamin B1: 2.06mg (137.07%), Selenium: 68.68µg (98.11%), Vitamin B6: 1.01mg (50.75%), Vitamin B3: 9.96mg (49.81%), Zinc: 7.37mg (49.14%), Phosphorus: 480.43mg (48.04%), Vitamin B2: 0.74mg (43.53%), Vitamin B12: 1.94µg (32.28%), Potassium: 847.76mg (24.22%), Vitamin B5: 1.94mg (19.4%), Iron: 3.36mg (18.66%), Magnesium: 55.87mg (13.97%), Copper: 0.27mg (13.5%), Vitamin E: 1.48mg (9.85%), Vitamin K: 10.12µg (9.64%), Manganese: 0.12mg (5.98%), Vitamin C: 4.36mg (5.28%), Calcium: 51.06mg (5.11%), Folate: 16.35µg (4.09%), Fiber: 0.92g (3.69%), Vitamin A: 178.88IU (3.58%)