



Chef John's Pork al Latte

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



392 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 slices bacon coarsely chopped
- ☐ 1.3 cups chicken broth
- ☐ 0.5 cup crème fraîche
- ☐ 4 cloves garlic sliced
- ☐ 0.3 cup olive oil
- ☐ 1.5 pounds boston butt pork shoulder cut into 2-inch chunks
- ☐ 1 pinch pepper flakes red to taste
- ☐ 15 sage leaves fresh whole

- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1 small onion diced yellow

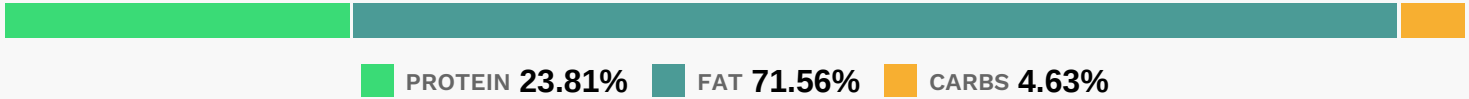
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Pour 1 tablespoon olive oil into a skillet, place over medium heat, and cook bacon, stirring often, until crisp and bacon fat has rendered into the skillet, about 5 minutes.
- ☐ Season pork cubes generously with salt and black pepper.
- ☐ Remove bacon from pan and set aside, reserving fat in pan. Turn heat to medium-high and brown pork pieces in bacon drippings until well browned on both sides, about 5 minutes per side.
- ☐ Transfer meat to a bowl, leaving pan drippings in skillet.
- ☐ Turn heat to medium and stir in chopped onion and a pinch of salt. Cook and stir onion until translucent and slightly browned, about 5 minutes. Stir garlic into onion and cook until fragrant, about 1 minute.
- ☐ Pour chicken broth and creme fraiche into onion mixture; whisk until smooth. Scrape up and dissolve any browned bits of food on the bottom of the skillet. Bring mixture to a simmer.
- ☐ Return bacon to sauce and stir in 2 tablespoons chopped sage.
- ☐ Place pork pieces into simmering sauce along with any accumulated juices from the meat. Reduce heat to low, cover, and simmer until meat is almost tender, about 1 hour.
- ☐ Raise heat to medium and cook uncovered until pan sauce reduces and thickens and meat is very tender, about 20 more minutes. Stir red pepper flakes into sauce; adjust seasonings to taste.
- ☐ Heat 1/4 cup olive oil in a small skillet over medium heat; drop whole sage leaves into the hot oil and cook, lightly tossing leaves in the oil, until crisp, 10 to 15 seconds.
- ☐ Drain sage leaves on paper towels and crumble over pork.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:16.446086931488%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 392.12kcal (19.61%), Fat: 31.05g (47.77%), Saturated Fat: 8.82g (55.11%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.07g (2.3%), Cholesterol: 95.21mg (31.74%), Sodium: 434.96mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.5%), Vitamin B1: 0.98mg (65.56%), Selenium: 34.7µg (49.57%), Copper: 0.6mg (30%), Vitamin B6: 0.53mg (26.53%), Phosphorus: 260.18mg (26.02%), Vitamin B2: 0.44mg (25.59%), Vitamin B3: 5.11mg (25.56%), Zinc: 3.6mg (24.03%), Vitamin B12: 1µg (16.69%), Vitamin E: 2.15mg (14.31%), Potassium: 464.94mg (13.28%), Vitamin B5: 1.06mg (10.58%), Iron: 1.58mg (8.76%), Vitamin K: 8.87µg (8.45%), Manganese: 0.15mg (7.58%), Magnesium: 29.69mg (7.42%), Calcium: 58.16mg (5.82%), Vitamin C: 3.32mg (4.02%), Vitamin A: 199.46IU (3.99%), Folate: 10.35µg (2.59%), Fiber: 0.41g (1.62%)