



## Cider-Braised Pork Shoulder



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



5

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups unfiltered apple cider fresh
- ☐ 3 medium regular carrots ends trimmed scrubbed
- ☐ 2 large celery stalks
- ☐ 1 tablespoon flat-leaf parsley leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 large garlic cloves
- ☐ 1.5 tsp kosher salt
- ☐ 1 cup chicken broth reduced-sodium

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion
- ☐ 1 tsp pepper
- ☐ 2.5 lbs pork shoulder roast boneless
- ☐ 5 servings potatoes mashed

## Equipment

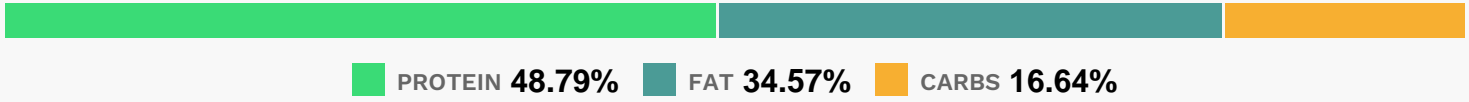
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven
- ☐ kitchen twine

## Directions

- ☐ Preheat oven to 30
- ☐ Season roast with 1 1/2 tsp. salt and 1 tsp. pepper.
- ☐ Heat oil in a 4- to 5-qt. dutch oven over high heat until very hot. Brown pork on all sides, turning as needed, about 10 minutes total.
- ☐ Meanwhile, cut onion, medium carrots, and celery into 2-in. chunks. Arrange around the browned roast with garlic.
- ☐ Pour in 2 cups cider and 1 cup broth ("I make mine from the bones of Sunday night's chicken"), adding more of either if the liquid doesn't completely cover meat. Bring to a boil. Cover with foil, pressing it down onto meat to eliminate any air gaps, then add the lid.
- ☐ Braise in oven 2 to 2 1/2 hours, until a fork slides right in; "it means the connective tissue has lost the battle and the muscle is loosening."
- ☐ Let cool, then chill overnight. (Or let sit until cool enough to handle.)
- ☐ Preheat oven to 37
- ☐ Spoon off fat from roast and discard.
- ☐ Transfer roast to a plate.

- ☐ Remove twine and break roast into 2-in. chunks with your fingers. Strain braising liquid and return to pot (discard vegetables).
- ☐ Reduce braising liquid to 2 cups over medium heat, 10 to 20 minutes. Return pork to pot. Taste and add more salt or pepper if you like.
- ☐ Cut rainbow carrots in half lengthwise and arrange over meat. Roast, uncovered, spooning juices over carrots a couple of times, until they begin to brown and are tender, about 50 minutes. "If it isn't browning up, feel free to pop it under the broiler."
- ☐ Stir in thyme. Scatter parsley on top and serve with mashed potatoes.
- ☐ \*Find rainbow carrots at well-stocked grocery stores and farmers' markets, or use small orange carrots.
- ☐ Make ahead: Through step 2, up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:67.52, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:36.551738842674%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

## Nutrients (% of daily need)

Calories: 442.54kcal (22.13%), Fat: 16.68g (25.66%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 16.06g (5.84%), Sugar: 11.9g (13.22%), Cholesterol: 136.08mg (45.36%), Sodium: 866.59mg (37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.98g (105.97%), Vitamin A: 6259.17IU (125.18%), Vitamin B3: 22.94mg (114.69%), Vitamin B1: 1.52mg (101.49%), Vitamin B6: 1.76mg (87.99%), Selenium: 58.97µg (84.24%), Vitamin B2: 1.12mg (66.05%), Phosphorus: 564.83mg (56.48%), Vitamin B12: 2.02µg (33.67%), Potassium: 1173.69mg (33.53%), Zinc: 4.68mg (31.17%), Vitamin B5: 2.43mg (24.32%), Vitamin K: 24.47µg (23.3%), Magnesium: 74.86mg (18.71%), Iron: 2.8mg (15.57%), Manganese: 0.29mg (14.39%), Copper: 0.25mg (12.65%), Vitamin E: 1.68mg (11.18%), Vitamin C: 8.54mg (10.35%), Fiber: 2.01g (8.04%), Calcium: 54.69mg (5.47%), Folate: 14.33µg (3.58%)