



## Cook the Book: Clay-Pot Ginger Pork with Figs and Pickled Fennel

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup carrot juice
- ☐ 10 figs dried roughly chopped (such as Mission figs)
- ☐ 1 tablespoon olive oil extra virgin minced
- ☐ 3 cups fennel bulb sliced
- ☐ 1 cup ginger fresh minced peeled
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons orange-flower water

- ☐ 8 servings pepper black freshly ground
- ☐ 2 pounds boston butt pork shoulder cut into 1-inch cubes (also called pork shoulder)
- ☐ 1 cup rice vinegar
- ☐ 1 tablespoon butter unsalted

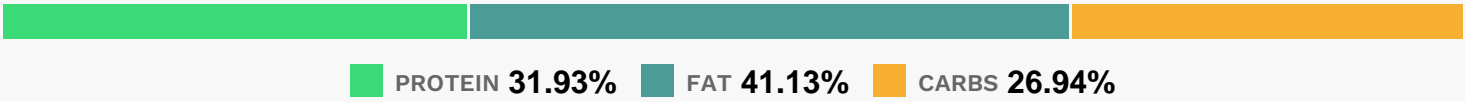
## Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ spatula

## Directions

- ☐ Preheat the oven to 350°F. Melt the butter with the olive oil in a large clay pot over medium-high heat.
- ☐ Add the onion and ginger; cook until the onion softens, about 5 minutes.
- ☐ Add the pork, salt, and pepper; stir, and cook for 10 minutes more.
- ☐ Add the plum wine and figs, bring to a boil, mix thoroughly, cover, and roast for 1 1/2 hours.
- ☐ Remove from the oven and, using a wooden spoon or a spatula, break apart the pork chunks a bit.
- ☐ Add the carrot juice; return to oven for 30 minutes more. Taste and adjust the salt.
- ☐ Serve from the clay pot or transfer to warm individual plates; garnish with a mound of pickled fennel.
- ☐ Ume-Pickled Fennel
  - ☐ – makes 3 cups fennel and 2 cups pickling liquid –
  - ☐ Combine the wine, pickled plums, vinegar, and honey in a blender; purée.
  - ☐ Place the fennel slices in a large bowl, pour in the liquid, and cover tightly. You can eat it right away, but the flavors only get better after a few days in the fridge. Keeps for several months.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:14.635217145085%

## Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 186.9kcal (9.34%), Fat: 8.38g (12.89%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 9.98g (3.63%), Sugar: 6.87g (7.63%), Cholesterol: 50.11mg (16.7%), Sodium: 276.51mg (12.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Vitamin A: 2913.94IU (58.28%), Vitamin B1: 0.64mg (42.67%), Selenium: 21.05µg (30.07%), Vitamin K: 25.69µg (24.46%), Vitamin B6: 0.36mg (18.23%), Phosphorus: 174.87mg (17.49%), Vitamin B3: 3.38mg (16.88%), Zinc: 2.38mg (15.85%), Potassium: 534.26mg (15.26%), Vitamin B2: 0.25mg (14.64%), Manganese: 0.2mg (9.96%), Vitamin B12: 0.58µg (9.73%), Fiber: 2.37g (9.5%), Magnesium: 34.63mg (8.66%), Iron: 1.46mg (8.09%), Vitamin C: 6.44mg (7.81%), Copper: 0.15mg (7.75%), Vitamin B5: 0.75mg (7.49%), Calcium: 50.24mg (5.02%), Vitamin E: 0.72mg (4.81%), Folate: 15.15µg (3.79%)