



Crispy Braised Pork Shanks

READY IN

ready

190 min.

SERVINGS

servings

4

CALORIES

calories

445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons peppercorns whole black
- ☐ 0.3 cup capers drained
- ☐ 2 ribs celery halved
- ☐ 1 cup cooking wine dry white
- ☐ 2 sprigs thyme leaves fresh
- ☐ 1 clove garlic minced
- ☐ 6 cloves garlic peeled

- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons honey
- ☐ 4 servings chimichurri sauce prepared for serving, optional
- ☐ 1 juice of lemon
- ☐ 2 tablespoons kosher salt for seasoning
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 teaspoon lemon zest
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion quartered
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 4 servings vegetable oil; peanut oil preferred for deep frying
- ☐ 4 servings pinot noir chocolate brownies for serving
- ☐ 3 pork hind shanks
- ☐ 0.5 cup shallots diced finely
- ☐ 4 servings vegetable oil for frying

Equipment

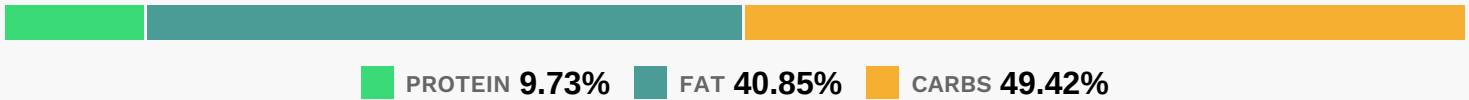
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Coat a large pot or Dutch oven with peanut oil over medium-high heat.
- ☐ Add the garlic, celery and onions. Cook until the vegetables are browned, about 5 minutes.

- ☐ Add the shanks to the pot along with the salt, peppercorns, bay and thyme.
- ☐ Pour in the chicken broth and wine, then add enough water to just barely cover the shanks. Bring to a boil then reduce heat, cover and simmer for 1 hour 30 minutes.
- ☐ Remove the shanks from the pot and set on a wire rack over a sheet tray. Allow the shanks to drain and cool, 25 to 30 minutes. If you have time, you can also place the shanks in the refrigerator, uncovered, for 2 to 3 hours (this will really help dry the outsides of the shanks so that when you fry them they will get super crispy and also won't splatter as much).
- ☐ Pat the cooled and drained shanks dry with paper towels.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat 3 inches of peanut oil in a deep, heavy pot, such as a Dutch oven or tall stock pot, to 350 degrees F. Working in batches, carefully add the shanks to the pot, skin-side down. Cover and leave slightly ajar until the oil settles. Cook, turning once, until the shanks are golden brown and crispy, 10 to 15 minutes.
- ☐ Drain and season with salt. Repeat with the remaining shanks.
- ☐ Serve crispy fried pork shanks with the Fried Caper and Lemon Gremolata and chimichurri sauce if using.
- ☐ Place the golden raisins in a bowl of hot water with 1 tablespoon of the honey and gently squeeze them with the back of a spoon to plump them back up. Rehydrate for 2 to 3 minutes.
- ☐ Drain and set aside.
- ☐ Heat 1/2-inch oil to 350 degrees F in a saute pan over medium-high heat. Fry the capers for 30 to 45 seconds.
- ☐ Drain and set aside.
- ☐ Combine the parsley, lemon zest, lemon juice, shallots, garlic, remaining 1 tablespoon honey, fried capers and raisins in a mixing bowl and stir. Season with salt and pepper.
- ☐ Drizzle with the olive oil and set aside to allow the flavors to come together, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:115.23, Glycemic Load:13.13, Inflammation Score:-9, Nutrition Score:14.248260788701%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 31.27mg, Quercetin: 31.27mg, Quercetin: 31.27mg, Quercetin: 31.27mg

Nutrients (% of daily need)

Calories: 445.48kcal (22.27%), Fat: 14.48g (22.27%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 35.72g (12.99%), Sugar: 21.01g (23.34%), Cholesterol: 0.5mg (0.17%), Sodium: 4004.79mg (174.12%), Alcohol: 21.47g (100%), Alcohol %: 4.37% (100%), Protein: 7.76g (15.52%), Vitamin K: 85.36µg (81.29%), Manganese: 0.69mg (34.61%), Vitamin C: 16.76mg (20.32%), Vitamin B3: 3.88mg (19.39%), Potassium: 626.34mg (17.9%), Vitamin B6: 0.33mg (16.71%), Copper: 0.33mg (16.5%), Fiber: 3.68g (14.71%), Phosphorus: 144.79mg (14.48%), Iron: 2.36mg (13.12%), Vitamin E: 1.96mg (13.08%), Vitamin B2: 0.17mg (10.12%), Magnesium: 37.66mg (9.41%), Vitamin A: 468.65IU (9.37%), Folate: 35.12µg (8.78%), Calcium: 83.83mg (8.38%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.06mg (4.24%), Vitamin B12: 0.24µg (4%), Vitamin B5: 0.32mg (3.21%), Selenium: 2.02µg (2.89%)