



## Daube of pork



Gluten Free



Dairy Free



Very Healthy

READY IN



183 min.

SERVINGS



6

CALORIES



1064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tbsp unrefined sunflower oil
- ☐ 3 kg boston butt pork shoulder
- ☐ 350 ml beef stock
- ☐ 1 bottle red wine
- ☐ 300 ml olive oil
- ☐ 4 plum tomatoes halved
- ☐ 6 garlic clove crushed
- ☐ 2 carrots sliced

- ☐ 4 celery stalks sliced
- ☐ 1 leek trimmed sliced
- ☐ 1 tsp cumin seeds
- ☐ 1 tsp fennel seeds
- ☐ 0.5 bunch mint leaves chopped
- ☐ 3 sprigs thyme leaves
- ☐ 2 bay leaves

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Combine all the marinade ingredients in a large lidded casserole dish.
- ☐ Heat the sunflower oil in a large heavy-based frying pan until practically smoking and fry the pork until a dark brown all over.
- ☐ Add the pork to the marinade and leave to marinate in the fridge for 24 hrs.
- ☐ The next day, heat oven to 180C/fan 160C/gas
- ☐ Remove the pork from the marinade and set aside.
- ☐ Place the marinade over a high flame and bring to the boil. Boil for 15 mins, skimming off any foam from the surface.
- ☐ Add the stock and bring back to the boil, then add the meat. Put on the lid, or tightly cover the casserole with foil, and put into the oven to cook for 3 hrs turning the meat halfway through.
- ☐ Lift out the pork and keep somewhere warm. Strain the cooking liquid through a fine sieve into a clean pan. Bring to the boil, then boil to reduce for about 15–20 mins. Check the seasoning before serving with the gravy.

# Nutrition Facts

PROTEIN 25.67% FAT 69.68% CARBS 4.65%

## Properties

Glycemic Index:40.64, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:43.07260900995%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 1063.73kcal (53.19%), Fat: 74.82g (115.1%), Saturated Fat: 14.58g (91.14%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.52g (3.46%), Sugar: 3.8g (4.22%), Cholesterol: 204.35mg (68.12%), Sodium: 377.62mg (16.42%), Alcohol: 13.25g (100%), Alcohol %: 2.68% (100%), Protein: 62.02g (124.05%), Vitamin B1: 2.77mg (184.68%), Selenium: 91.56µg (130.8%), Vitamin A: 4066.38IU (81.33%), Vitamin B6: 1.51mg (75.51%), Vitamin B3: 14.42mg (72.1%), Phosphorus: 694.83mg (69.48%), Zinc: 10.07mg (67.14%), Vitamin E: 9.97mg (66.47%), Vitamin B2: 1.08mg (63.82%), Potassium: 1534.44mg (43.84%), Vitamin B12: 2.56µg (42.7%), Vitamin K: 42.19µg (40.18%), Iron: 5.66mg (31.47%), Vitamin B5: 2.69mg (26.85%), Magnesium: 99.05mg (24.76%), Manganese: 0.45mg (22.54%), Copper: 0.41mg (20.55%), Vitamin C: 13.12mg (15.9%), Folate: 38.99µg (9.75%), Calcium: 94.34mg (9.43%), Fiber: 1.71g (6.85%)