



Milk Braised Pork Shoulder with Semolina Gnocchi

READY IN



45 min.

SERVINGS



12

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour
- ☐ 0.5 cup butter (1 stick)
- ☐ 1 large carrots chopped
- ☐ 1 large celery stalks chopped
- ☐ 1 tablespoon kosher salt
- ☐ 2 cups wine dry white
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 pound pancetta italian chopped (bacon)

- ☐ 56 ounce plum tomatoes pureed with juice in blender in batches until smooth canned
- ☐ 2.5 pounds boston butt pork shoulder boneless trimmed (such as pork butt)
- ☐ 1 medium onion white chopped
- ☐ 4 cups milk whole

Equipment

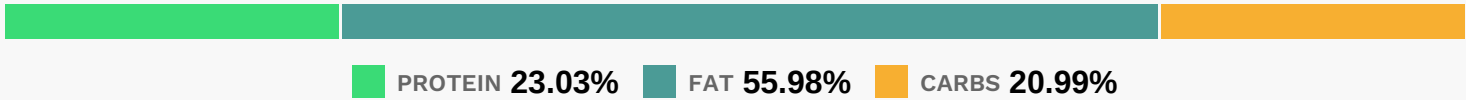
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Place pork in large bowl.
- ☐ Mix 1 tablespoon coarse salt and cinnamon in small bowl.
- ☐ Sprinkle salt mixture over pork, tossing to coat evenly. Cover and chill overnight.
- ☐ Preheat oven to 350°F. Melt butter in heavy medium saucepan over medium heat.
- ☐ Whisk in flour. Reduce heat to medium-low and cook 2 minutes, whisking often (do not allow roux to brown).
- ☐ Remove from heat; cover and let stand until ready to use.
- ☐ Using on/off turns, blend onion, carrot, and celery in processor until finely chopped. Cook pancetta in large ovenproof pot over medium-high heat until beginning to brown and fat is rendered, about 6 minutes.
- ☐ Add vegetables to pot and sauté until beginning to brown, about 6 minutes.
- ☐ Add pork and sauté until brown, about 7 minutes.
- ☐ Add wine and bring to boil, stirring up browned bits.
- ☐ Add milk and bring to simmer.
- ☐ Add tomato puree, then whisk in roux. Simmer 5 minutes, whisking occasionally.
- ☐ Cover pot.

- ☐
- Place in oven and braise porkuntil very tender, about 2 hours. Uncover;let pork cool briefly. Chill pork, uncovered,until cold, then cover and chill overnight.
- ☐
- Rewarm pork over low heat, stirringoften. Season to taste with salt and pepper.
- ☐
- Place 1 gnocchi square in center of eachplate. Top with pork and sauce.
- ☐
- * An Italian bacon cured in salt; availablein the refrigerated deli case of manysupermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:27.24, Glycemic Load:6.21, Inflammation Score:-9, Nutrition Score:17.594782601232%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 323.29kcal (16.16%), Fat: 18.48g (28.43%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 13.49g (4.91%), Sugar: 8.47g (9.42%), Cholesterol: 74.95mg (24.98%), Sodium: 792.96mg (34.48%), Alcohol: 4.12g (100%), Alcohol %: 1.48% (100%), Protein: 17.1g (34.21%), Vitamin A: 2481.41IU (49.63%), Vitamin B1: 0.68mg (45.45%), Selenium: 22.41µg (32.01%), Phosphorus: 263.93mg (26.39%), Vitamin C: 19.63mg (23.8%), Vitamin B6: 0.46mg (23.1%), Vitamin B2: 0.37mg (21.6%), Vitamin B3: 4.14mg (20.71%), Potassium: 720.99mg (20.6%), Zinc: 2.61mg (17.38%), Vitamin B12: 0.99µg (16.45%), Manganese: 0.28mg (14.06%), Calcium: 133.88mg (13.39%), Vitamin K: 12.49µg (11.89%), Magnesium: 44.63mg (11.16%), Vitamin B5: 1.03mg (10.27%), Folate: 35.95µg (8.99%), Fiber: 2.1g (8.41%), Iron: 1.5mg (8.34%), Copper: 0.16mg (7.75%), Vitamin E: 1.06mg (7.08%), Vitamin D: 0.93µg (6.22%)