



Peppercorn Roasted Pork with Vermouth Pan Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons peppercorns black
- 0.5 cup mirin dry
- 1.5 tablespoons fennel seeds
- 1 tablespoon flour all-purpose
- 7 garlic clove minced
- 2 cups chicken broth reduced-sodium
- 6 tablespoons peppercorns divided

- 5 pounds pork shoulder boneless (butt end)
- 1 tablespoon butter unsalted softened
- 3 tablespoons vegetable oil

Equipment

- frying pan
- oven
- knife
- whisk
- roasting pan
- kitchen thermometer
- cutting board

Directions

- Grind 1/4 cup pink peppercorns with black peppercorns and fennel seeds in grinder, then stir together with garlic, oil, and 1 tablespoon salt.
- Pat pork dry and use a paring knife to make about 16 (1-inch-deep) slits all over roast. Stuff slits with all but 1 tablespoon garlic-peppercorn paste, then rub remaining tablespoon all over roast. Put in a small (13-by 9-inch) flameproof roasting pan and marinate, chilled, 8 to 24 hours.
- Let pork stand at room temperature 1 hour. Preheat oven to 350°F with rack in middle.
- Roast pork, fat side up, until an instant-read thermometer inserted into center of meat registers 150°F, 1 1/2 to 2 hours.
- Transfer pork to a cutting board and let rest 30 minutes.
- Meanwhile, pour off all but about 1 tablespoon fat from roasting pan.
- Add vermouth to pan and boil, scraping up brown bits, 2 minutes. Stir in broth, any meat juices from cutting board, and remaining 2 tablespoons pink peppercorns and boil until reduced to about 1 1/2 cups, about 5 minutes.
- Knead together butter and flour, then whisk into sauce and boil, whisking constantly, until just slightly thickened, about 2 minutes.
- Serve pork with sauce.

Nutrition Facts

PROTEIN 58.03% FAT 33.39% CARBS 8.58%

Properties

Glycemic Index:21.13, Glycemic Load:2, Inflammation Score:-5, Nutrition Score:38.676087184445%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 475.42kcal (23.77%), Fat: 17.03g (26.2%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 6.78g (2.47%), Sugar: 0.17g (0.19%), Cholesterol: 173.86mg (57.95%), Sodium: 174.43mg (7.58%), Alcohol: 1.42g (100%), Alcohol %: 0.48% (100%), Protein: 66.59g (133.17%), Vitamin B3: 28.29mg (141.43%), Vitamin B1: 1.86mg (123.78%), Selenium: 74.34µg (106.2%), Vitamin B6: 2.12mg (106.01%), Vitamin B2: 1.37mg (80.36%), Manganese: 1.44mg (71.94%), Phosphorus: 693.63mg (69.36%), Vitamin B12: 2.53µg (42.14%), Zinc: 5.79mg (38.58%), Potassium: 1286.26mg (36.75%), Vitamin B5: 2.95mg (29.45%), Vitamin K: 25.92µg (24.68%), Magnesium: 96.63mg (24.16%), Iron: 3.92mg (21.76%), Copper: 0.4mg (20%), Fiber: 3.06g (12.23%), Calcium: 85.27mg (8.53%), Vitamin E: 0.79mg (5.27%), Vitamin A: 100.19IU (2%), Vitamin C: 1.06mg (1.28%)