

Pork Adobo

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



1073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings rice steamed for serving
- 6 heads garlic separated unpeeled
- 12 servings pepper freshly ground
- 12 pounds pork ribs country-style cut in half crosswise above the bones (not the loin)
- 2 large bell peppers red
- 6 cups rice vinegar
- 3 cups soya sauce
- 12 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- plastic wrap
- broiler
- slotted spoon

Directions

- In each of 2 large enameled cast-iron casseroles, combine half of the ribs, vinegar, soy sauce and garlic. Season with pepper and bring to a simmer. Cook over low heat, skimming occasionally, until the ribs are cooked through, about 30 minutes.
- Using a slotted spoon, transfer the ribs to a platter, leaving the garlic behind. Continue to simmer the cooking liquid in the 2 casseroles until the garlic is tender, about 30 minutes; let cool.
- Remove the garlic cloves and peel them, then add to the ribs.
- Remove the fat from the cooking liquid.
- Pour the liquid into a medium saucepan and boil until reduced to 2 cups, about 15 minutes.
- Roast the red peppers directly over a gas flame or under a broiler, turning, until charred all over.
- Transfer to a large bowl, cover with plastic wrap and let stand for 10 minutes to loosen the skins. Peel the peppers, discarding the cores, ribs and seeds; cut the flesh into long thin strips.
- In a large skillet, heat 2 tablespoons of oil.
- Add as many of the ribs as will fit without crowding and fry over moderate heat until deeply browned, about 4 minutes.
- Transfer to paper towels to drain. Repeat with the remaining ribs, adding more oil as needed.
- Add the garlic cloves to the skillet and fry, stirring, until browned and crisp, about 5 minutes. Arrange the ribs and garlic on a warmed platter. Scatter the peanuts and red pepper strips on

top and serve. Pass the reduced cooking liquid and the rice separately.

- Make Ahead:** The adobo can be prepared through Step 2 up to 2 days ahead; refrigerate the liquid and ribs separately.
- Wine Recommendation:** This spicy menu requires a not-quite-dry white to provide a refreshing flavor background. Among various choices, look for the 1996 Bonny Doon Pacific Rim Riesling or the 1996 Jekel Johannisberg Riesling, both from California.

Nutrition Facts

PROTEIN 22.2% **FAT 67.18%** **CARBS 10.62%**

Properties

Glycemic Index:19.83, Glycemic Load:24.71, Inflammation Score:-7, Nutrition Score:38.081304425779%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1073.45kcal (53.67%), Fat: 77.53g (119.27%), Saturated Fat: 24.44g (152.73%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 26.03g (9.46%), Sugar: 2.24g (2.49%), Cholesterol: 254.01mg (84.67%), Sodium: 3502.91mg (152.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.65g (115.3%), Selenium: 76.95µg (109.93%), Vitamin B6: 2.09mg (104.69%), Vitamin B3: 17.69mg (88.43%), Vitamin B1: 1.08mg (71.9%), Zinc: 8.67mg (57.79%), Phosphorus: 569.95mg (57%), Manganese: 1.11mg (55.41%), Vitamin B2: 0.92mg (54.11%), Vitamin D: 7.3µg (48.69%), Vitamin C: 34.99mg (42.41%), Potassium: 985.65mg (28.16%), Vitamin B5: 2.6mg (26.01%), Iron: 4.65mg (25.85%), Magnesium: 89.5mg (22.38%), Copper: 0.4mg (20.11%), Vitamin B12: 1.21µg (20.11%), Vitamin A: 857.15IU (17.14%), Vitamin E: 1.91mg (12.75%), Calcium: 80.29mg (8.03%), Vitamin K: 7.36µg (7.01%), Folate: 25.53µg (6.38%), Fiber: 1.55g (6.2%)