



Pork Braised in Dark Soy Sauce



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



301 kcal

SAUCE

Ingredients

- ☐ 1.3 lb bamboo skewers drained and rinsed sliced canned
- ☐ 2.5 lb pork shoulder boneless cut into 1 1/2-inch cubes (sometimes called pork butt; in 1 or 2 solid pieces)
- ☐ 3 sprigs pepper flakes fresh red halved lengthwise seeded thinly sliced (5 1/2-inch)
- ☐ 1 stick cinnamon (3 1/2- to 4-inch)
- ☐ 3 tablespoons coriander seeds cooled toasted
- ☐ 8 garlic clove chopped
- ☐ 0.5 teaspoon ground cloves
- ☐ 3 tablespoons sauce yellow with back of a spoon to a coarse paste mashed

- ☐ 0.8 cup shallots chopped (3 large)
- ☐ 1 tablespoon soya sauce dark
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 5 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Finely grind coriander seeds in grinder. Stir together ground coriander and 2 tablespoons water in a small bowl.
- ☐ Coarsely purée shallots and garlic in mini processor, scraping down side occasionally.
- ☐ Heat oil in a 6- to 7-quart wide heavy pot over moderately high heat until hot but not smoking, then cook shallot purée with cinnamon stick, stirring occasionally and scraping up any brown bits, until pale golden, 4 to 5 minutes.
- ☐ Add coriander mixture, mashed soybean sauce, sugar, and cloves and cook, stirring, 2 minutes. Increase heat to high, then add pork and cook, stirring occasionally, until pork is no longer pink on the outside, 2 to 3 minutes.
- ☐ Add soy sauce and remaining 5 cups water and bring to a boil, stirring occasionally. Reduce heat and simmer, partially covered, until meat is tender, 1 1/2 to 1 3/4 hours.
- ☐ Meanwhile, blanch bamboo shoots in a large saucepan of boiling water 1 minute, then drain well in a colander. Stir bamboo shoots into braised pork and simmer, uncovered, until tender, about 15 minutes. (Liquid should be reduced to about 2 cups. If necessary, transfer pork and bamboo shoots with a slotted spoon to a bowl and boil liquid to reduce, then stir in pork and bamboo shoots.) Discard cinnamon stick and season with salt.

Nutrition Facts



 **PROTEIN 45.71%**  **FAT 36.78%**  **CARBS 17.51%**

Properties

Glycemic Index:28.39, Glycemic Load:3.73, Inflammation Score:-4, Nutrition Score:22.356086920137%

Flavonoids

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

Nutrients (% of daily need)

Calories: 301.07kcal (15.05%), Fat: 12.33g (18.96%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.36g (3.77%), Sugar: 7.48g (8.31%), Cholesterol: 85.05mg (28.35%), Sodium: 286.36mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.93%), Vitamin B3: 13.92mg (69.58%), Vitamin B1: 0.96mg (63.89%), Vitamin B6: 1.24mg (62.06%), Selenium: 38.17µg (54.53%), Vitamin B2: 0.7mg (40.91%), Phosphorus: 371.38mg (37.14%), Zinc: 3.47mg (23.15%), Manganese: 0.45mg (22.26%), Vitamin B12: 1.23µg (20.55%), Potassium: 711.57mg (20.33%), Vitamin B5: 1.55mg (15.51%), Magnesium: 54.34mg (13.58%), Copper: 0.26mg (13.23%), Vitamin K: 13.12µg (12.5%), Iron: 2.22mg (12.35%), Fiber: 2.85g (11.4%), Vitamin E: 1.15mg (7.68%), Vitamin C: 4.44mg (5.38%), Calcium: 52.66mg (5.27%), Folate: 10.31µg (2.58%)