



Pork Conserva with Green Tomato Agrodolce

 Dairy Free

READY IN



1200 min.

SERVINGS



24

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 flatbread crackers
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.5 cup cooking wine dry white
- ☐ 24 servings basil fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 cups tomatoes green chopped
- ☐ 10 ounces cubes pork shoulder (Boston butt)
- ☐ 0.5 cup onion red chopped

- ☐ 2 ounces salt pork finely chopped (fatty parts only;)
- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons vegetable oil plus additional (for brushing)
- ☐ 0.3 cup distilled vinegar white

Equipment

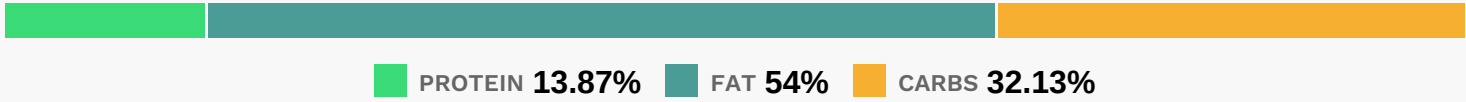
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ loaf pan
- ☐ potato masher

Directions

- ☐ Mix first 3 ingredients in 9 x 5 x 3-inch glass loaf pan. Cover with plastic and refrigerate overnight.
- ☐ Preheat oven to 300°F. Uncover pork mixture; mix in wine. Cover tightly with foil.
- ☐ Place in oven; cook until pork is very tender, about 2 1/2 hours. Cool to lukewarm. Uncover and mash with potato masher until finely shredded. Cover; refrigerate until cold. DO AHEAD : Can be made 4 days ahead. Keep refrigerated.
- ☐ Heat 2 teaspoons oil in heavy medium saucepan over medium heat.
- ☐ Add onion; cook until translucent, stirring often, about 6 minutes.
- ☐ Add sugar; cook until juices are thick, about 4 minutes.
- ☐ Add tomatoes, vinegar, and mustard.
- ☐ Sprinkle with salt, increase heat to high, and bring to boil; reduce heat to medium and cook until tomatoes are tender but not falling apart, stirring often, about 7 minutes. Strain tomatoes in sieve set over medium bowl. Return juices to saucepan and boil until reduced to scant 1/2 cup, about 4 minutes.
- ☐ Mix tomato mixture and reduced juices in same medium bowl. Cover and chill until cold, about 4 hours. DO AHEAD: Can be made 4 days ahead. Keep chilled.
- ☐ Spoon 1 tablespoonful pork conserva on each cracker. Spoon rounded teaspoonful agrodolce on top.

- ☐
- Sprinkle with basil.
- ☐
- A hard cider (like the
- ☐
- Wandering Aengus Ciderworks "Bloom" served atCity House) is a great match for the conserva.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:1.17, Inflammation Score:-2, Nutrition Score:2.7765217720652%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 62.49kcal (3.12%), Fat: 3.55g (5.46%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.54g (2.82%), Cholesterol: 6.86mg (2.29%), Sodium: 97.87mg (4.26%), Alcohol: 0.51g (100%), Alcohol %: 1.53% (100%), Protein: 2.05g (4.1%), Vitamin K: 12.04µg (11.47%), Vitamin B1: 0.09mg (6.28%), Vitamin C: 4.25mg (5.16%), Vitamin A: 202.33IU (4.05%), Selenium: 2.59µg (3.7%), Manganese: 0.07mg (3.58%), Phosphorus: 31.82mg (3.18%), Vitamin B3: 0.6mg (2.99%), Vitamin B6: 0.06mg (2.93%), Vitamin B2: 0.04mg (2.46%), Iron: 0.4mg (2.23%), Potassium: 75.86mg (2.17%), Zinc: 0.31mg (2.06%), Copper: 0.04mg (1.79%), Vitamin B5: 0.16mg (1.62%), Magnesium: 6.03mg (1.51%), Folate: 5.98µg (1.49%), Vitamin E: 0.21mg (1.4%), Calcium: 13.16mg (1.32%), Fiber: 0.33g (1.32%), Vitamin B12: 0.07µg (1.12%)