

SAUCES & DIPS

Pork in Wine Sauce

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	15 min	80 min	8	\$1.46	354 kcal

Pork in Wine Sauce takes about 1 hour and 35 minutes from beginning to end. For \$1.46 per serving, you get a sauce that serves 8. One serving contains 354 calories, 35g of protein, and 16g of fat. This recipe is liked by 3 foodies and cooks.

Ingredients

- ☐ 1 cup beef stock
- ☐ 3 tablespoons dried parsley
- ☐ 2 cloves garlic, minced
- ☐ 3 pounds boneless pork butt roast, cubed
- ☐ 2 shallots, minced
- ☐ 1 cup plain bread crumbs
- ☐ ¼ cup dry white wine
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 yellow onions, chopped

EQUIPMENT Bowl, Oven, Dutch oven

Method

- 1

Preheat oven to 400 degrees F (200 degrees C).
- 2

Heat the oil in a Dutch oven over high heat, and quickly brown the pork on all sides.
- 3

Pour in the wine, and mix in bread crumbs to coat pork.
- 4

Mix the onions, shallots, garlic, and parsley in a bowl, and sprinkle over the meat.
- 5

Transfer Dutch oven to the preheated oven, and cook 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and pour in the stock. Cover, and continue cooking 50 minutes.

- 6 Remove cover, increase heat to 400 degrees F (200 degrees C), and cook 10 more minutes.
- 7 Sprinkle with vinegar to serve.

Nutrition per serving

354	35 g	16 g	15 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.3 g · 27% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			2.8 g · 3% of daily needs
Sodium			275 mg · 12% of daily needs
Cholesterol			102 mg · 34% of daily needs
Vitamin C			3.7 mg · 5% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/pork-in-wine-sauce-142269