



Pork Roast Braised with Milk and Fresh Herbs (Maiale al Latte)

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprig california bay leaves dried fresh
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 garlic clove chopped
- ☐ 3 juniper berries crushed (see cooks' note, below)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4.5 pound pork shoulder roast boneless skinless ()
- ☐ 2 large rosemary sprigs

- ☐ 2 large sage sprigs
- ☐ 1 teaspoon sea salt fine
- ☐ 3 cups milk whole

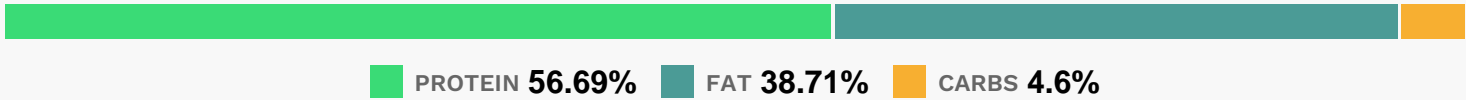
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Heat oil in a wide 5- to 6-quart ovenproof heavy pot over medium heat until it shimmers, then lightly brown roast on all sides with juniper berries and herbs, 8 to 10 minutes total.
- ☐ Add garlic and sprinkle roast with sea salt and 1/2 teaspoon pepper, then cook until garlic is golden, about 1 minute.
- ☐ Pour wine over roast and briskly simmer until reduced by half.
- ☐ Pour milk over roast and bring to a bare simmer.
- ☐ Cover pot and braise in oven, turning roast occasionally, until tender (milk will form curds), 2 to 2 1/2 hours.
- ☐ Transfer roast to a carving board and loosely cover. Strain juices through a fine-mesh sieve into a bowl (discard solids), reserving pot, and skim off fat. Return juices to pot and boil until flavorful and reduced to about 2 cups. Season with sea salt and pepper. Slice roast and serve moistened with juices.
- ☐ •Juniper berries can be found in the spice aisle at supermarkets. •Pork can be braised 1 day ahead and chilled in liquid, uncovered, until cool, then covered. Bring to room temperature, then reheat and proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.29, Inflammation Score:-5, Nutrition Score:38.787826196007%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 602.75kcal (30.14%), Fat: 24.5g (37.69%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6.48g (2.36%), Sugar: 6.07g (6.74%), Cholesterol: 218.76mg (72.92%), Sodium: 618.97mg (26.91%), Alcohol: 2.06g (100%), Alcohol %: 0.53% (100%), Protein: 80.74g (161.49%), Vitamin B3: 32.82mg (164.11%), Vitamin B1: 2.26mg (150.99%), Selenium: 90.19µg (128.84%), Vitamin B6: 2.55mg (127.52%), Vitamin B2: 1.75mg (103.22%), Phosphorus: 906.85mg (90.68%), Vitamin B12: 3.62µg (60.31%), Zinc: 7.17mg (47.82%), Potassium: 1486.57mg (42.47%), Vitamin B5: 3.81mg (38.08%), Magnesium: 105.52mg (26.38%), Iron: 3.23mg (17.93%), Calcium: 178.81mg (17.88%), Copper: 0.3mg (15.21%), Vitamin E: 1.63mg (10.86%), Vitamin D: 1.34µg (8.95%), Vitamin K: 5.87µg (5.59%), Manganese: 0.1mg (5.04%), Vitamin A: 209.04IU (4.18%)