



## Pork Shoulder Roast with Figs, Garlic, and Pinot Noir



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon anise seeds
- ☐ 0.5 tsp pepper black freshly ground
- ☐ 10 oz mission figs dried halved lengthwise
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 8 garlic cloves peeled cut into large slivers
- ☐ 1.5 tsp kosher salt
- ☐ 3 tablespoons olive oil

- ☐ 750 ml pinot noir chocolate brownies divided
- ☐ 3.5 lbs boned pork shoulder roast (butt)
- ☐ 1 tablespoon sugar

## Equipment

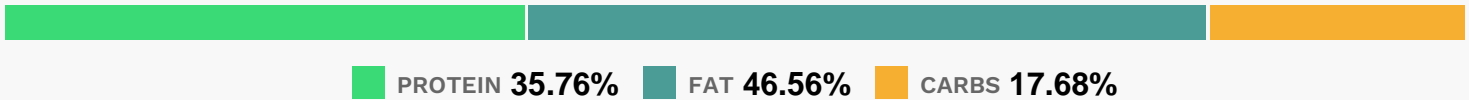
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ cutting board
- ☐ gravy boat
- ☐ kitchen twine

## Directions

- ☐ Put figs, sugar, anise, 1 tbsp. thyme, and 1 cup wine in a medium saucepan. Cover and bring to a boil over high heat. Reduce heat and simmer until figs are just tender when pierced, 10 to 12 minutes.
- ☐ Let cool.
- ☐ With a small, sharp knife, make 16 evenly spaced lengthwise cuts into roast, each cut about 1 in. long and 1 in. deep. Insert a garlic sliver, then a fig half into each cut, closing meat over figs; make cuts a little bigger if needed. Set aside remaining garlic and figs and their liquid.
- ☐ Preheat oven to 32
- ☐ Using kitchen twine, tie pork crosswise at about 1 1/2-in. intervals and lengthwise twice to form a neat roast. In a small bowl, combine 1 tbsp. thyme, 1 1/2 tsp. salt, 1/2 tsp. pepper, and the oil. Rub all over roast.

- ☐ Heat a 12-in. frying pan over medium-high heat. Brown pork all over, turning as needed, 8 to 10 minutes total; adjust heat if needed to keep meat from scorching.
- ☐ Transfer pork fat side up to a 9- by 13-in. baking pan.
- ☐ Reduce heat to medium.
- ☐ Add reserved garlic to frying pan; cook, stirring often, until light golden, about 1 minute.
- ☐ Pour in remaining wine from bottle and bring to a boil, scraping up browned bits with a wooden spoon.
- ☐ Pour mixture over pork and cover tightly with foil.
- ☐ Bake pork until almost tender when pierced, 2 1/2 hours. Stir reserved fig mixture into pan juices; bake, covered, until meat is tender, 15 to 20 minutes more.
- ☐ Spoon pan juices over pork to moisten, then transfer meat to a cutting board and tent loosely with foil. Skim fat from pan juices.
- ☐ Pour juices with figs into a large frying pan and boil over high heat until reduced to 2 cups, about 5 minutes. Stir in 1/2 tsp. thyme. Taste and season with lemon juice and more salt and pepper if you like.
- ☐ Pour into a gravy boat.
- ☐ Remove twine from pork, then cut meat crosswise into thick slices.
- ☐ Garnish with thyme sprigs and serve with sauce.
- ☐ Make ahead: Prepare through step 3 and chill airtight up to 1 day.

## Nutrition Facts



## Properties

Glycemic Index:43.02, Glycemic Load:7.03, Inflammation Score:-9, Nutrition Score:21.37000024837%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 454.96kcal (22.75%), Fat: 18.76g (28.87%), Saturated Fat: 5g (31.24%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.18g (5.16%), Sugar: 9.74g (10.82%), Cholesterol: 108.14mg (36.05%), Sodium: 705.62mg (30.68%), Alcohol: 12.97g (100%), Alcohol %: 4.69% (100%), Protein: 32.43g (64.85%), Vitamin B1: 1.47mg (97.67%), Selenium: 48.31µg (69.01%), Vitamin B6: 0.78mg (39.13%), Vitamin B3: 7.17mg (35.83%), Zinc: 5.24mg (34.93%), Phosphorus: 342.24mg (34.22%), Vitamin B2: 0.55mg (32.18%), Vitamin B12: 1.36µg (22.6%), Potassium: 695.1mg (19.86%), Iron: 2.74mg (15.23%), Vitamin B5: 1.51mg (15.06%), Magnesium: 47.24mg (11.81%), Copper: 0.22mg (10.94%), Manganese: 0.21mg (10.68%), Vitamin C: 7.25mg (8.79%), Fiber: 1.85g (7.39%), Vitamin E: 1.06mg (7.1%), Vitamin K: 6.78µg (6.45%), Calcium: 58.09mg (5.81%), Vitamin A: 189.42IU (3.79%), Folate: 12.12µg (3.03%)