



HEALTH SCORE

51%

Pork Stew with Hard Cider, Pearl Onions, and Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 12 ounce apple cider hard
- ☐ 1.5 pounds baby potatoes red unpeeled scrubbed halved (2 inches in diameter)
- ☐ 2 tablespoons butter room temperature ()
- ☐ 0.5 cup calvados (apple brandy; optional)
- ☐ 6 servings coarse kosher salt
- ☐ 3.5 pounds country ribs boneless fat trimmed cut into 2-inch cubes (Boston butt)
- ☐ 6 teaspoons sage fresh divided chopped

- ☐ 2 large granny smith apples cored peeled cut into 1-inch cubes (3 cups)
- ☐ 2 cups low-salt chicken broth
- ☐ 1 cup parsnips finely chopped
- ☐ 30 inch diameter pearl onions (from two 10-ounce bags)
- ☐ 1 cup shallots chopped (4 large)
- ☐ 5 slices bacon thick-cut (preferably applewood-smoked)
- ☐ 1 tablespoon grain dijon mustard whole

Equipment

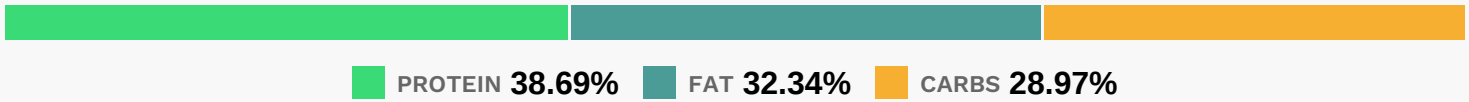
- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook onions in large saucepan of boiling salted water 2 minutes; transfer to bowl of ice water to cool. Peel onions; set aside.
- ☐ Cook bacon in heavy large pot over medium heat until lightly browned. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Sprinkle pork shoulder with coarse salt and pepper. Increase heat to medium-high. Working in 2 batches, add pork to same pot and cook until browned, about 7 minutes per batch. Using slotted spoon, transfer pork to large bowl. Reduce heat to medium; add shallots and parsnips. Cover pot and cook until beginning to soften, stirring occasionally, about 5 minutes. Stir in 3 teaspoons sage; stir 1 minute.
- ☐ Add 1/2 cup Calvados, if using; cook until almost evaporated, about 3 minutes.
- ☐ Add broth, cider, reserved bacon, and pork with any accumulated juices. Bring to boil, scraping up any browned bits with wooden spoon. Reduce heat to medium-low; cover and simmer until pork is tender, about 1 hour 15 minutes.
- ☐ Add potatoes and pearl onions to stew; cover and cook until vegetables are almost tender, about 30 minutes.
- ☐ Add apples; cover and cook until potatoes are tender, 15 to 20 minutes. Spoon fat from surface of juices, if necessary. Stir butter and flour in small bowl to form paste; add to pot and whisk to blend. Stir in mustard, 2 teaspoons sage, and 1 tablespoon Calvados, if using. Bring to boil;

- reduce heat to medium and simmer until thickened, stirring often, 2 to 3 minutes. Season to taste with salt and pepper. DO AHEAD: Stew can be made 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Simmer stew over medium heat to rewarm before serving.
- ☐ Divide stew among bowls, sprinkle with remaining 1 teaspoon sage, and serve.
 - ☐ * Alcoholic apple cider; available in the liquor department of most supermarkets and at liquor stores.
 - ☐ Hard cider is a natural pairing with the stew. Try the dry, apple
 - ☐ Magners (\$11 per six-pack, Ireland).
 - ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 72.92, Glycemic Load: 24.55, Inflammation Score: -7, Nutrition Score: 45.51956510803%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 769.06kcal (38.45%), Fat: 25.79g (39.68%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 44.71g (16.26%), Sugar: 18.92g (21.03%), Cholesterol: 188.59mg (62.86%), Sodium: 634mg (27.57%), Alcohol: 6.68g (100%), Alcohol %: 1.16% (100%), Protein: 69.42g (138.84%), Copper: 6.54mg (327.09%), Vitamin B3: 29.41mg (147.05%), Vitamin B1: 1.99mg (132.39%), Vitamin B6: 2.55mg (127.38%), Selenium: 77.37µg (110.53%), Vitamin B2: 1.38mg (81.46%), Phosphorus: 800.65mg (80.06%), Potassium: 1991.31mg (56.89%), Zinc: 6.36mg (42.37%), Vitamin B12: 2.54µg (42.31%), Vitamin C: 34.14mg (41.38%), Manganese: 0.77mg (38.4%), Vitamin B5: 3.46mg (34.6%), Magnesium: 127.04mg (31.76%), Fiber: 7.27g (29.1%), Iron: 4.71mg (26.14%), Folate:

55.94µg (13.98%), Vitamin K: 9.52µg (9.06%), Calcium: 87.56mg (8.76%), Vitamin E: 0.96mg (6.39%), Vitamin A: 174.3IU (3.49%)