



Pot-roasted spiced honey soy pork



Vegetarian



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tbsp olive oil for frying
- ☐ 2 carrots sliced
- ☐ 1 onion sliced
- ☐ 4 celery stalks sliced
- ☐ 1 tsp five-spice powder chinese
- ☐ 1 tbsp clear honey
- ☐ 150 ml soya sauce
- ☐ 300 ml red wine

- ☐ 500 ml chicken stock see

Equipment

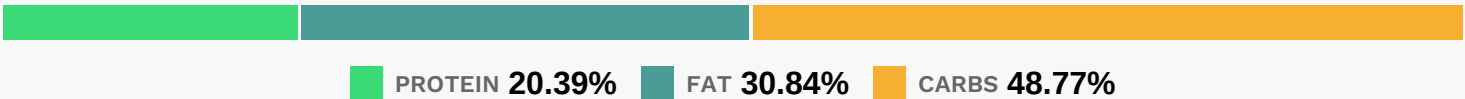
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat the grill until hot. Meanwhile, trim off as much visible fat as possible from the top of the joint, and trim the underside too of any flaps of meat. Neaten the edges.
- ☐ Brush with 2 tablespoons of the oil, season and then place in a roasting tin. Brown under the grill for 10 minutes on each side. Preheat the oven to 170C/gas 3/fan 150C.
- ☐ Make the marinade.
- ☐ Heat the remaining 3 tablespoons of oil in a saucepan and saut the carrots, onion and celery over a high heat for about 10 minutes until nicely caramelised. Stir in the five-spice powder and honey. Cook for another minute or so.
- ☐ Pour in the soy sauce and wine and boil until reduced by half, about 10 minutes. Then add the stock and boil for 2–3 minutes more. Season with freshly ground black pepper.
- ☐ Pour the hot marinade over the meat in the roasting tin and cover the top with butter papers or wet greaseproof paper. Roast for 2 –3 hours until the meat is very tender when pierced with a fork. Allow the meat to cool to room temperature in the marinade.
- ☐ Scrape the vegetables off the top of the meat, then put the meat on a tray and place a board on top. Weigh down with weights or large cans and chill overnight. Strain the marinade and chill it too dont worry if it doesnt look very glamorous at the moment, it will look better.
- ☐ When ready to complete the dish, cut the pork across the grain into rashers about 2cm wide.
- ☐ Cut each rasher crossways in half.
- ☐ Heat a little oil in a non-stick frying pan until nice and hot, then saut the pork slices in batches for about 5 minutes on each side until caramelised, spooning over the reserved marinade so they cook to a glossy glaze. As each batch is cooked, cover the pork and keep it warm.
- ☐ At the end, any remaining marinade can be bubbled down slightly for a serving sauce (there will only be a little for drizzling). Pick a light fruity red, such as French grenache (garnacha in

Spain), or a semillon from Australia or Chile to serve with this dish.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:6.0778261267621%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 103.36kcal (5.17%), Fat: 2.66g (4.1%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.55g (3.11%), Sugar: 5.04g (5.6%), Cholesterol: 1.9mg (0.63%), Sodium: 1132.14mg (49.22%), Alcohol: 4.03g (100%), Alcohol %: 3.14% (100%), Protein: 3.96g (7.92%), Vitamin A: 2561.14IU (51.22%), Vitamin B3: 2mg (10.02%), Manganese: 0.2mg (9.86%), Vitamin B6: 0.14mg (7%), Potassium: 236.52mg (6.76%), Vitamin B2: 0.11mg (6.46%), Phosphorus: 61.88mg (6.19%), Iron: 1.03mg (5.72%), Magnesium: 18.78mg (4.7%), Copper: 0.08mg (4.08%), Vitamin K: 3.99µg (3.8%), Fiber: 0.92g (3.67%), Vitamin B1: 0.05mg (3.56%), Folate: 13.19µg (3.3%), Vitamin C: 2.22mg (2.7%), Vitamin E: 0.38mg (2.53%), Selenium: 1.76µg (2.51%), Zinc: 0.32mg (2.11%), Calcium: 21.02mg (2.1%), Vitamin B5: 0.15mg (1.5%)