



Red-Cooked Pork with Frizzled Ginger



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cilantro leaves fresh for garnish (reserve leaves)
- ☐ 1 cup rice wine chinese
- ☐ 5 lb roast chickens boneless
- ☐ 2 garlic clove smashed
- ☐ 2 pieces ginger fresh 1-inch-thick smashed ()
- ☐ 6 servings ginger
- ☐ 0.5 cup brown sugar light chinese packed
- ☐ 1 teaspoon orange zest fresh finely grated

- ☐ 1 bunch spring onion white smashed
- ☐ 1 cup soya sauce
- ☐ 6 cups water
- ☐ 2 star anise whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

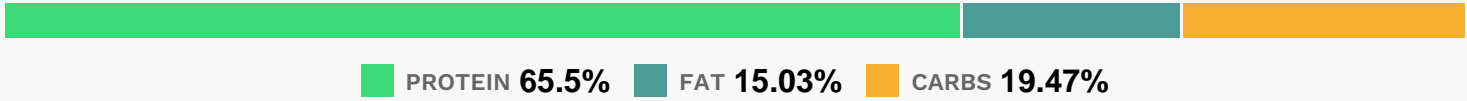
Directions

- ☐ Stir together water, soy sauce, wine, rock sugar, white parts of scallions, ginger, garlic, cilantro stems, zest strips, and star anise in a deep 6- to 8-quart heavy pot and bring to a boil. Reduce heat and simmer, uncovered, 10 minutes.
- ☐ Add pork, then cover and reduce heat to low. Simmer gently, turning pork over every 30 minutes, until very tender, 4 to 4 1/2 hours. Cool pork in cooking liquid, uncovered, about 1 hour, then chill, covered, at least 8 hours.
- ☐ Preheat oven to 350°F.
- ☐ Transfer chilled pork to a clean cutting board, then remove string and cut meat across the grain into 1/2-inch-thick slices. Arrange pork in overlapping slices in a 13- by 9-inch glass or ceramic baking dish.
- ☐ Discard fat from cooking liquid and reheat liquid over low heat until warm, then pour through a sieve into a bowl (discard solids).
- ☐ Transfer 2 cups cooking liquid to a 1-quart saucepan, reserving remainder for another use. Bring to a simmer, then pour over pork. Cover dish tightly with foil and heat in middle of oven until heated through, about 30 minutes.

- ☐
- Cut scallion greens diagonally into thin slices. Carefully pour hot broth from baking dish into a bowl and stir in scallion greens and grated zest.

☐

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:40.088695691979%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 523.75kcal (26.19%), Fat: 8.08g (12.43%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 22.89g (8.32%), Sugar: 18.61g (20.68%), Cholesterol: 0mg (0%), Sodium: 2342.93mg (101.87%), Alcohol: 6.44g (100%), Alcohol %: 1.13% (100%), Protein: 79.22g (158.43%), Vitamin B6: 3.49mg (174.33%), Vitamin B3: 26.7mg (133.52%), Vitamin B12: 6.69µg (111.51%), Zinc: 16mg (106.66%), Phosphorus: 873.03mg (87.3%), Selenium: 61.04µg (87.21%), Vitamin B2: 1.09mg (64.18%), Iron: 9.95mg (55.26%), Potassium: 1551.2mg (44.32%), Vitamin B1: 0.63mg (42.16%), Copper: 0.67mg (33.45%), Magnesium: 116.16mg (29.04%), Vitamin B5: 2.59mg (25.88%), Vitamin K: 18.63µg (17.75%), Manganese: 0.3mg (14.83%), Calcium: 57.15mg (5.72%), Vitamin A: 267.34IU (5.35%), Vitamin C: 2.6mg (3.16%), Folate: 12.19µg (3.05%), Fiber: 0.66g (2.63%)