



Roast Pork in Asian Brown Sauce

 **Gluten Free**

READY IN



95 min.

SERVINGS



6

CALORIES



327 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 16 fluid ounces chicken stock see divided
- ☐ 1 teaspoon asian chile paste
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons garlic powder
- ☐ 2 tablespoons ground ginger
- ☐ 2 tablespoons ground pepper white
- ☐ 1 tablespoon olive oil extra-virgin or as needed

- ☐ 2 tablespoons onion powder
- ☐ 2 tablespoons oyster sauce
- ☐ 3 pound boston butt pork shoulder
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon salt
- ☐ 3 scallions finely chopped
- ☐ 1 tablespoon sugar white
- ☐ 1 tablespoon worcestershire sauce

Equipment

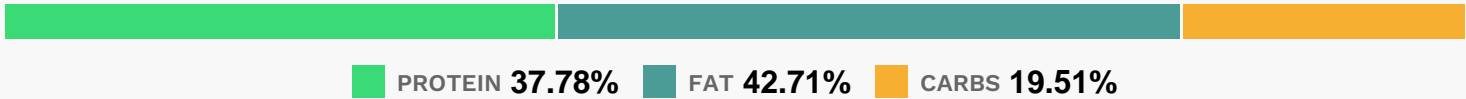
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk ginger powder, garlic powder, onion powder, white pepper, and salt together in a bowl until dry rub is evenly mixed. Measure 1 tablespoon dry rub and set aside.
- ☐ Generously apply remaining dry rub to pork shoulder.
- ☐ Heat olive oil and butter together in a heavy cast-iron skillet over medium-high heat. Cook pork shoulder in hot butter-oil mixture until browned on all sides, 1 to 2 minutes per side.
- ☐ Place skillet and pork shoulder in the preheated oven and cook until pork is cooked through, 1 to 2 hours. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Transfer pork shoulder to a serving platter.
- ☐ Pour vinegar into the skillet and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon until liquid is evaporated, 1 to 2 minutes.

- ☐ Add the reserved 1 tablespoon dry rub, oyster sauce, and Worcestershire sauce to skillet; bring to a boil. Reduce heat and simmer; stir in 1 cup chicken stock and simmer.
- ☐ Whisk remaining 1 cup chicken stock and cornstarch together in a bowl until smooth; stir into simmering chicken stock mixture until sauce is thickened, 1 to 2 minutes. Stir sugar and chile paste into sauce and simmer until sugar is dissolved, about 1 minute.
- ☐ Pour sauce over roast and garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:1.57, Inflammation Score:-3, Nutrition Score:21.257826069127%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 326.62kcal (16.33%), Fat: 15.25g (23.46%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.03g (5.1%), Sugar: 4.02g (4.47%), Cholesterol: 100.07mg (33.36%), Sodium: 1601.69mg (69.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.7%), Vitamin B1: 1.28mg (85.39%), Selenium: 44.98µg (64.26%), Vitamin B3: 7.51mg (37.54%), Manganese: 0.75mg (37.43%), Vitamin B6: 0.7mg (35.09%), Phosphorus: 333mg (33.3%), Zinc: 4.76mg (31.72%), Vitamin B2: 0.53mg (31.21%), Vitamin B12: 1.19µg (19.84%), Potassium: 679.65mg (19.42%), Iron: 3.05mg (16.97%), Vitamin K: 14.3µg (13.62%), Copper: 0.26mg (12.86%), Vitamin B5: 1.19mg (11.9%), Magnesium: 44.68mg (11.17%), Fiber: 1.64g (6.57%), Calcium: 52.02mg (5.2%), Vitamin C: 3.98mg (4.82%), Folate: 19.18µg (4.79%), Vitamin E: 0.48mg (3.17%), Vitamin A: 133.19IU (2.66%)