



Roast Pork Shoulder Sandwiches with Fennel Slaw

 Dairy Free

READY IN



170 min.

SERVINGS



4

CALORIES



909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound boston butt pork shoulder boneless
- ☐ 4 ciabatta bread crisp (wrap in plastic if you are not serving that day, then in oven to use)
- ☐ 1 cup cooking wine dry white
- ☐ 4 servings evoo for liberal drizzling, plus 1/4 cup
- ☐ 2 tablespoons fennel seeds
- ☐ 5 sprigs rosemary fresh finely chopped
- ☐ 1 bulb garlic chopped

- ☐ 0.5 juice of lemon juiced
- ☐ 4 medium onions cut into thin wedges
- ☐ 4 servings coarse pepper black
- ☐ 4 servings sea salt
- ☐ 1 round tablespoon superfine sugar
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 on a mandolin very thinly sliced sliced plus a handful of fronds
- ☐ 8 ounces on a mandoline very thinly sliced sliced
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- ☐ 8 ounces on a mandoline very thinly sliced sliced

Equipment

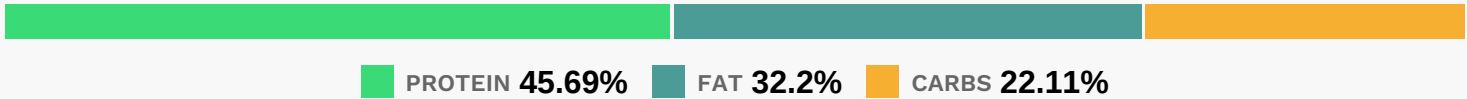
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ kitchen twine

Directions

- ☐ Special equipment: kitchen twine
- ☐ Preheat the oven to 375 degrees F.
- ☐ Have the butcher butterfly the meat for you or take a very sharp knife and split the shoulder open and across the meat, opening the shoulder like a book, 1 to 1 1/2 inches thick. Heavily sprinkle the meat with lots of pepper and sea salt, garlic, rosemary and fennel seeds.
- ☐ Roll the meat up and tie with twine. Slather with EVOO and sprinkle with salt and pepper. Dress the onions with EVOO, salt and pepper and scatter across a baking pan. Set the meat on top and roast 1 hour.
- ☐ Douse the pan with the wine and return to the oven. Roast another 1 to 1 1/2 hours to 145 to 150 degrees F internal temperature.

- ☐ Let stand 15 minutes, and then slice and serve. Or, cool to room temp, cover and store. To serve after storing, slice 1-inch thick pieces and reheat in shallow pan of warm chicken stock to heat through.
- ☐ While the meat cooks, combine the sugar, lemon juice, vinegar, salt and pepper and about 1/4 cup EVOO. Toss the cabbage and fennel and fronds in the dressing.
- ☐ To serve, slice the meat, pile on rolls with warm onions and cold fennel slaw on top.

Nutrition Facts



Properties

Glycemic Index:61.77, Glycemic Load:25.72, Inflammation Score:-8, Nutrition Score:44.875217083356%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg

Nutrients (% of daily need)

Calories: 909.35kcal (45.47%), Fat: 30.28g (46.58%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 42.59g (15.49%), Sugar: 9.92g (11.03%), Cholesterol: 238.14mg (79.38%), Sodium: 711.77mg (30.95%), Alcohol: 6.18g (100%), Alcohol %: 1.17% (100%), Protein: 96.66g (193.32%), Vitamin B3: 38.49mg (192.47%), Vitamin B1: 2.63mg (175.22%), Vitamin B6: 3.05mg (152.67%), Selenium: 103.13µg (147.32%), Vitamin B2: 1.9mg (111.57%), Phosphorus: 968.48mg (96.85%), Iron: 15.28mg (84.88%), Vitamin B12: 3.45µg (57.55%), Zinc: 8.13mg (54.17%), Potassium: 1766.42mg (50.47%), Vitamin B5: 4.07mg (40.72%), Magnesium: 132.74mg (33.19%), Manganese: 0.49mg (24.73%), Copper: 0.38mg (19.22%), Fiber: 4.2g (16.8%), Vitamin E: 2.36mg (15.75%), Vitamin C: 10.52mg (12.75%), Calcium: 103.89mg (10.39%), Vitamin K: 9.28µg (8.84%), Folate: 22.43µg (5.61%)