



Root Beer Pulled Pork in Shallot-Root Beer Jus with Tangy Onions and Jalapeno Creme Fraiche

 Gluten Free

READY IN



225 min.

SERVINGS



20

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 4 tablespoons canola oil
- 22.5 ounces crème fraîche
- 20 servings chives fresh chopped for garnish
- 0.5 cup granulated sugar to taste
- 3 jalapeños minced seeded

- 8 jalapeños halved
- 6 juice of orange juiced quartered
- 1 pinch kosher salt and pepper black freshly ground
- 20 servings kosher salt
- 20 servings kosher salt and pepper black freshly ground
- 20 servings kosher salt and pepper white freshly ground
- 200 ml pinot noir red wine vinegar
- 750 ml pinot noir chocolate brownies
- 20 servings pork butt shoulders cut into large chunks (15 pounds)
- 4 large onions red julienned peeled
- 1 cup red wine vinegar
- 48 ounce root beer
- 6 serrano chiles halved
- 10 shallots peeled thinly sliced
- 2 tablespoons butter unsalted
- 3 tablespoons butter unsalted
- 3 heads garlic whole crushed peeled
- 6 large onions yellow peeled roughly chopped

Equipment

- bowl
- frying pan
- oven
- pot
- roasting pan
- aluminum foil

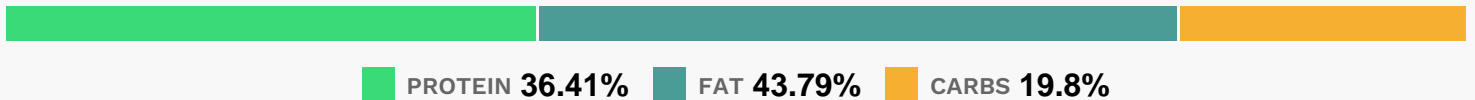
Directions

- Preheat oven to 350 degrees F.

- In a large bowl, combine all the ingredients, except the pork. Taste the marinade and season with more salt and pepper, if needed. If you want the dish to be spicy, add more jalapenos and serranos.
- Season pork lightly with kosher salt and pepper. Divide pork into 2 large roasting pans and pour the marinade over top. Toss to coat with the marinade. Cover each pan with foil and put into the preheated oven. Alternatively, the pork can be marinated in the refrigerator for a few hours. Bring to room temperature before baking.
- Bake the pork until tender and meat is falling apart, approximately 3 or more hours.
- While the pork is cooking, prepare the Shallot Root Beer Jus, Tangy Red Onions and Jalapeno Creme Fraiche.
- Remove the pork from the oven and shred the meat with forks, but leave it a bit chunky. Toss the shredded pork in the cooked marinade. Taste the meat and season, to taste. Keep warm.
- Assembly: Make sure the pork is heated. If you made it the day before and it was in the refrigerator, reheat the meat and the jus. The onions can be chilled or brought to room temperature but do not heat, in order to maintain the crunchy texture.
- Arrange few pieces of pork on each plate, then top with some Tangy Red Onions and garnish with a squeeze of Jalapeno Creme Fraiche. Poor the Shallot Root Beer Jus around the outside edge of the pork then garnish with chives or scallions.
- Heat a large stock pot over medium-high heat and add the oil and butter,
- Heat until melted and hot but do not burn the butter.
- Add the shallots stirring occasionally. Caramelize the shallots slightly, season with salt, to taste, and reduce the heat to medium-low. Allow them to soften about 5 minutes and then add the root beer. Bring the root beer to a simmer and reduce slowly for approximately 2 hours. Season, to taste. The flavor of the shallots should be prominent to reduce the sweetness from the root beer.
- Heat large saute pan over medium heat, add the oil and butter.
- Heat until melted and hot but do not burn butter.
- Add onions, stirring so that they do not brown. Cook, stirring occasionally, until they become translucent, about 5 minutes.
- Add the vinegars and turn heat down to medium-low, then season with salt and pepper, to taste. The onions will be really tart but you can add a tablespoon of sugar, at a time, to mellow it out a bit. You still want to keep that tanginess.

- Continue cooking for 20 minutes letting the vinegars absorb into the onions. The onions will release some water so you will strain that off when you finish cooking.
- Transfer the onions to a bowl and cover.
- Let the onions sit overnight in the refrigerator. Finely chop before serving.
- In a bowl, add the creme fraiche and the jalapenos. Season, to taste, with salt and white pepper and stir to combine. Put into a squeeze bottle, with large tip so it won't get plugged from the minced jalapenos.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:6.97, Inflammation Score:-7, Nutrition Score:35.992608215498%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

Nutrients (% of daily need)

Calories: 609.12kcal (30.46%), Fat: 27.84g (42.83%), Saturated Fat: 10.61g (66.33%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 25.8g (9.38%), Sugar: 19.08g (21.2%), Cholesterol: 184.74mg (61.58%), Sodium: 391.96mg (17.04%), Alcohol: 3.89g (100%), Alcohol %: 0.9% (100%), Protein: 52.09g (104.17%), Selenium: 76.98µg (109.96%), Vitamin B1: 1.55mg (103.2%), Vitamin B6: 1.62mg (80.82%), Vitamin B2: 1.11mg (65.34%), Zinc: 9.3mg (62%), Phosphorus: 603.53mg (60.35%), Vitamin B3: 11.96mg (59.78%), Vitamin B5: 4.46mg (44.58%), Vitamin B12: 2.48µg (41.26%), Vitamin C: 27.61mg (33.46%), Potassium: 1167.9mg (33.37%), Iron: 4.07mg (22.63%), Magnesium: 79.21mg (19.8%), Copper: 0.37mg (18.38%), Manganese: 0.37mg (18.36%), Vitamin E: 1.77mg (11.79%), Calcium: 112.33mg (11.23%), Vitamin D: 1.64µg (10.91%), Fiber: 2.52g (10.08%), Vitamin A: 468.35IU (9.37%), Vitamin K: 7.62µg (7.25%), Folate: 28.29µg (7.07%)