



Sam Choy's Oven-Roasted Kalua Pig



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 banana leaves frozen thawed
- ☐ 2 tablespoons sea salt
- ☐ 0.5 teaspoon liquid smoke
- ☐ 5 pound pork butt boneless
- ☐ 6 cups water divided

Equipment

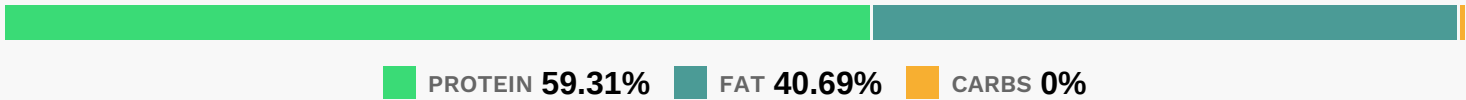
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350°F. Using small sharp knife, cut 1/4-inch-deep slits 1 inch apart all over pork roast. Rub 2 tablespoons sea salt all over pork. Unfold 1 banana leaf on work surface and place pork roast atop leaf. Fold up leaf around pork, enclosing completely. Repeat wrapping pork in remaining 2 banana leaves, 1 at a time.
- ☐ Tie with kitchen string to secure, then wrap roast in foil.
- ☐ Place pork in roasting pan; pour 4 cups water into pan.
- ☐ Roast pork in oven until very tender when pierced with fork, about 5 hours. Unwrap pork and cool slightly. Shred pork and place in large bowl. Bring remaining 2 cups water and remaining 2 teaspoons salt to boil in small saucepan.
- ☐ Add liquid smoke; pour over pork and stir to blend.
- ☐ Let stand 10 minutes to allow liquid to flavor pork.
- ☐ Serve.
- ☐ Hawaiian alaea sea salt is available at specialty foods stores and online from Hawaii Specialty Salt Company at hawaiisalt.com. Banana leaves are available at Asian markets and Latin markets. Liquid smoke is a smoke-flavored liquid seasoning available at many supermarkets and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:30.84434773611%

Nutrients (% of daily need)

Calories: 374.21kcal (18.71%), Fat: 16.19g (24.9%), Saturated Fat: 5.66g (35.4%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 170.1mg (56.7%), Sodium: 1937.95mg (84.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.1g (106.2%), Selenium: 79.95µg (114.21%), Vitamin B1: 1.58mg (105.46%), Vitamin B6: 1.48mg (73.85%), Vitamin B2: 1.09mg (64.04%), Zinc: 9.55mg (63.65%), Vitamin B3: 12.44mg (62.18%), Phosphorus: 572.66mg (57.27%), Vitamin B5: 4.44mg (44.42%), Vitamin B12: 2.58µg (43%), Potassium: 961.41mg (27.47%), Iron: 3.42mg (18.98%), Magnesium: 64.19mg (16.05%), Copper: 0.32mg (15.95%), Vitamin D: 1.7µg (11.34%), Calcium: 46.09mg (4.61%), Vitamin E: 0.68mg (4.54%), Manganese: 0.04mg (2.07%)