



## Shanghai-style braised pork



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pork neck bones with rind, 2kg 4½lb, from a good butcher
- ☐ 1 small cranberry-orange relish
- ☐ 2 star anise whole
- ☐ 2 cinnamon sticks
- ☐ 1 tbsp cumin seeds
- ☐ 3 chilies dried red
- ☐ 8 rice plain chinese boiled
- ☐ 600 ml rice wine dry

- ☐ 1.2 litres chicken stock see homemade store bought
- ☐ 50 ml soy sauce light
- ☐ 175 g granulated sugar chinese
- ☐ 8 slices ginger fresh
- ☐ 6 garlic clove crushed
- ☐ 6 spring onion whole
- ☐ 1 tbsp salt
- ☐ 1 tsp peppercorns black freshly ground

## Equipment

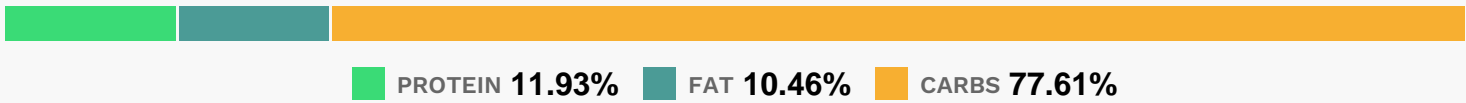
- ☐ frying pan
- ☐ pot
- ☐ peeler

## Directions

- ☐ Bring a large pan of water to the boil, add the pork. Return to the boil, skim, reduce the heat and simmer gently, partially covered, for 30 minutes.
- ☐ Drain thoroughly.
- ☐ Using a potato peeler, remove 8 strips of zest from the orange.
- ☐ Put the star anise, cinnamon sticks, cumin seeds, dried chillies and orange zest in a piece of muslin and tie together tightly.
- ☐ Make the braising liquid by combining all the ingredients in a very large pot and bringing the liquid to a simmer.
- ☐ Add the bag of spices and the blanched pork, and bring back to a simmer, partially covered, skimming all the while.
- ☐ Cover the pot tightly and continue to simmer gently for 3 hours, until the pork fat and rind are very soft and tender. You can do this up to a day ahead, let the pork cool in the liquid, chill overnight, then reheat gently in the liquid before serving.
- ☐ Cut the bok choy in halves or quarters depending on their size, or the Chinese leaves into 5cm/2in pieces. When the pork is done, remove it from the liquid.

- ☐ Remove the skin and cut the meat into small pieces.
- ☐ Add the bok choy to the pot and cook over high heat until it is very tender about 3 minutes.
- ☐ Remove the bok choy from the cooking liquid and place on a warm dish. Arrange the pork on top.
- ☐ Skim off all the fat from the braising liquid and boil it to reduce it by about half.
- ☐ Pour some over the meat to moisten it and serve the rest separately. (You will probably have a lot leftover.)
- ☐ Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:52.13, Glycemic Load:22.35, Inflammation Score:-6, Nutrition Score:8.9456520702528%

## Flavonoids

Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg Naringenin: 2.45mg, Naringenin: 2.45mg, Naringenin: 2.45mg, Naringenin: 2.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 359.4kcal (17.97%), Fat: 2.95g (4.54%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 47.31g (17.2%), Sugar: 34.46g (38.29%), Cholesterol: 6.09mg (2.03%), Sodium: 1916.73mg (83.34%), Alcohol: 16.33g (100%), Alcohol %: 5.03% (100%), Protein: 7.57g (15.14%), Vitamin K: 27.19µg (25.89%), Manganese: 0.48mg (23.96%), Vitamin B3: 3.8mg (19%), Vitamin C: 12.51mg (15.17%), Vitamin B2: 0.22mg (12.96%), Iron: 1.99mg (11.04%), Potassium: 385.38mg (11.01%), Vitamin B6: 0.21mg (10.66%), Selenium: 7.07µg (10.11%), Copper: 0.19mg (9.69%), Phosphorus: 93.96mg (9.4%), Fiber: 1.93g (7.7%), Magnesium: 30.13mg (7.53%), Vitamin B1: 0.11mg (7.51%), Folate: 25.04µg (6.26%), Calcium: 61.59mg (6.16%), Vitamin A: 249.41IU (4.99%), Zinc: 0.56mg (3.73%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.14mg (1.36%)