



Slow Roasted Pork Shoulder with Savory Apple Gravy



Gluten Free



Dairy Free



Popular

READY IN



230 min.

SERVINGS



4

CALORIES



851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds boston butt pork shoulder boneless trimmed (1.8 to 2.2 kg) (beyond)
- ☐ 1 tablespoon fennel seeds toasted
- ☐ 2 teaspoons peppercorns black
- ☐ 2 Tbsp thyme leaves dried fresh packed chopped
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 4 medium garlic cloves minced
- ☐ 2 teaspoons kosher salt plus more for seasoning

- ☐ 4 servings olive oil extra virgin
- ☐ 4 medium cooking apples such as fuji or jonagold good
- ☐ 1 medium onion yellow
- ☐ 120 ml cooking wine dry white (can sub water)
- ☐ 0.5 teaspoon dijon mustard
- ☐ 4 servings pepper black freshly ground

Equipment

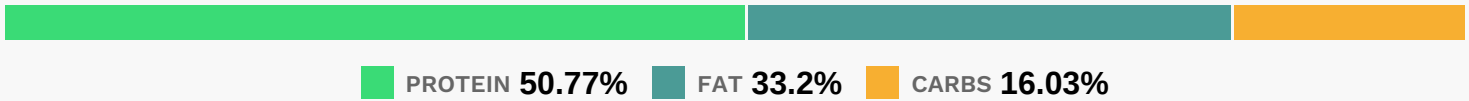
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil
- ☐ mortar and pestle
- ☐ dutch oven

Directions

- ☐ Put the fennel seeds, peppercorns, thyme and rosemary leaves, garlic and 2 teaspoons salt into a spice grinder or coffee grinder and grind to a paste.
- ☐ Alternatively, you can pound the mixture with a mortar and pestle.
- ☐ Put the mixture into a bowl and stir in 2 tablespoons olive oil.
- ☐ Marinate roast overnight in spice rub: Rub the mixture evenly all over the pork shoulder. If the roast is tied, untie it to rub the inside with the rub mixture as well, then retie it.
- ☐ Wrap the roast tightly in plastic wrap to hold the rub against the skin and marinate overnight (or up to two days).
- ☐ Prep apples and onions: Peel, halve, and core the apples.
- ☐ Cut each apple half into about 4 wedges. Peel the onions.

- ☐ Cut in half from tip to root. Trim the root and tip.
- ☐ Cut each onion half into about 12 thin wedges.
- ☐ Put the onions and the apples together in a bowl and toss to mix.
- ☐ Preheat the oven to 450°F (232°C).
- ☐ Place roast on bed of apples and onions: Toss the apples and onions with 2 tablespoons of olive oil and season with a little salt and pepper.
- ☐ Place the apples and onions in the bottom of a roasting pan or Dutch oven with a cover.
- ☐ Place the marinated pork shoulder on top of the apples and onions.
- ☐ Roast: Roast uncovered for 30 minutes. Turn the oven heat down to 325°F and add the wine. Cover the roasting pan and slow roast for 2 1/2 to 3 hours until the pork shoulder is falling apart tender and pulls apart easily when probed with a fork.
- ☐ Make sauce:
- ☐ Transfer the pork shoulder to a serving plate and cover with foil to keep warm.
- ☐ Put the apples and onions into a blender.
- ☐ Add about 1/2 cup water and the mustard and purée. Check the texture, and add water until you get the desired thickness for the gravy. Press through a sieve for a silky smooth textured gravy. Check the seasoning and correct to taste.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:8.06, Inflammation Score:-10, Nutrition Score:46.288260522096%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.87mg, Epicatechin: 13.87mg, Epicatechin: 13.87mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.36mg, Naringenin:

0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg

Nutrients (% of daily need)

Calories: 851.06kcal (42.55%), Fat: 30.21g (46.48%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 26.08g (9.49%), Sugar: 20.44g (22.71%), Cholesterol: 272.16mg (90.72%), Sodium: 1422.14mg (61.83%), Alcohol: 3.13g (100%), Alcohol %: 0.55% (100%), Protein: 103.96g (207.92%), Vitamin B3: 44mg (219.99%), Vitamin B1: 2.99mg (199.24%), Vitamin B6: 3.46mg (173.23%), Selenium: 117.95µg (168.5%), Vitamin B2: 2.2mg (129.39%), Phosphorus: 1092.77mg (109.28%), Vitamin B12: 3.95µg (65.77%), Zinc: 9.2mg (61.32%), Potassium: 2068.4mg (59.1%), Vitamin B5: 4.69mg (46.87%), Magnesium: 150.13mg (37.53%), Manganese: 0.72mg (35.76%), Iron: 5.72mg (31.8%), Fiber: 6.74g (26.94%), Copper: 0.49mg (24.26%), Vitamin C: 17.48mg (21.19%), Vitamin E: 2.74mg (18.27%), Vitamin K: 16.49µg (15.7%), Calcium: 103.89mg (10.39%), Vitamin A: 309.67IU (6.19%), Folate: 14.18µg (3.54%)