



## Slow-roasted shoulder of pork



Gluten Free



Dairy Free



Very Healthy

READY IN



200 min.

SERVINGS



6

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 garlic clove peeled
- ☐ 2 pepper flakes red
- ☐ 2.8 kg boston butt pork shoulder with the skin on and scored (ask the butcher to do this for you)
- ☐ 5 juice of lemon
- ☐ 3 tbsp olive oil
- ☐ 300 ml chicken stock see
- ☐ 1 large bunch oregano leaves picked

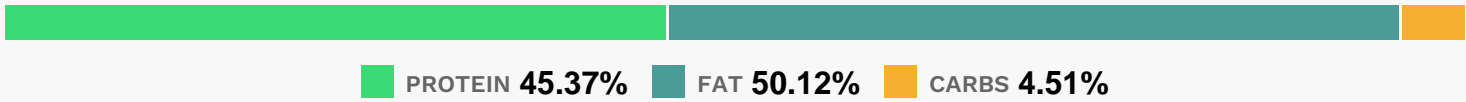
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ wooden spoon
- ☐ mortar and pestle

## Directions

- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Using a mortar and pestle, smash the garlic with the chilli and some salt and pepper. Stab holes all over the flesh side of the meat, then rub the chilli mixture into the flesh, pushing it into the holes and any gaps between the muscles.
- ☐ Place the shoulder on a rack in a roasting tin, then roast for 30 mins or until the skin begins to crackle up, blister and brown.
- ☐ Pour over half the lemon juice and 2 tbsp of the oil. Reduce the heat to 180C/ fan 160C/gas 3, then leave the meat to roast for about 2 hrs. The shoulder is ready when it is completely soft under the crisp skin. You can tell by prodding it with a roasting fork the meat should be tender and give way. Set the meat aside to rest.
- ☐ While the meat rests, make the gravy. Tip all the fat out of the roasting tin, then place the tin over a low flame. Tip in the rest of the lemon juice, then sizzle, scraping any sticky bits off the bottom with a wooden spoon.
- ☐ Pour in the stock, then bring everything to the boil. Strain the gravy through a sieve into a small saucepan, add the oregano leaves, then simmer for a moment.
- ☐ Serve each person some of the crisp skin and meat cut from different parts of the shoulder.
- ☐ Serve with the side dishes, see recipes below, and some buttered new potatoes.

## Nutrition Facts



## Properties

Glycemic Index:13.33, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:31.771739166716%

## Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 508.84kcal (25.44%), Fat: 27.71g (42.64%), Saturated Fat: 8.06g (50.34%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.25g (2.5%), Cholesterol: 188.84mg (62.95%), Sodium: 287.14mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.45g (112.89%), Vitamin B1: 2.51mg (167.36%), Selenium: 83.98µg (119.98%), Vitamin B6: 1.31mg (65.26%), Vitamin B3: 12.98mg (64.92%), Zinc: 8.93mg (59.53%), Phosphorus: 590.21mg (59.02%), Vitamin B2: 0.94mg (55.34%), Vitamin C: 34.2mg (41.45%), Vitamin B12: 2.35µg (39.14%), Potassium: 1090.88mg (31.17%), Vitamin B5: 2.37mg (23.75%), Iron: 3.83mg (21.26%), Magnesium: 66.64mg (16.66%), Copper: 0.33mg (16.45%), Vitamin E: 1.2mg (7.97%), Vitamin K: 7.49µg (7.13%), Folate: 25.42µg (6.36%), Manganese: 0.11mg (5.32%), Calcium: 50.62mg (5.06%), Vitamin A: 165.61IU (3.31%), Fiber: 0.41g (1.65%)