

Braised Pork Shoulder

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-braised-pork-shoulder-recipe>

Ingredients:

- 1/4 cup extra-virgin olive oil
- kosher salt
- ground black pepper Freshly
- 1 pork shoulder 4- to 5-pound, see Note
- 2 yellow onions medium, cut crosswise into 1/4-inch rounds
- 1 tablespoon Dijon mustard
- 1 teaspoon dried thyme or 1 tablespoon fresh
- 4 cups apple cider
- 2 tablespoons extra-virgin olive oil
- 1 shallot medium, finely chopped
- 2 cloves garlic peeled, very finely chopped
- 1/2 cup distilled white vinegar
- 3 tablespoons brown sugar packed
- 2 tablespoons honey
- 6 ounces tomato paste
- 2 tablespoons Dijon mustard
- 2 tablespoons worcestershire sauce
- 1/4 teaspoon chili powder
- 1/4 teaspoon kosher salt
- ground black pepper Freshly

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 150 milligrams
4. Fat: 38 grams
5. Fiber: 4 grams
6. Protein: 50 grams
7. SaturatedFat: 7 grams

8. Sodium: 980 milligrams
 9. Sugar: 53 grams
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