

September 2020

Pork Keto

Pulled Pork Afelia

Ingredients:

- 2 red onions
- 1 whole garlic
- $\frac{3}{4}$ cup red wine
- $\frac{1}{2}$ cup olive oil
- 2 tbsp coriander seed, crushed
- 2 tsp dried thyme
- 2 tsp ground black pepper
- 2 tsp ground cinnamon
- 1,4kg pork shoulder
- 1 tbsp salt

Instructions:

1. Peel and slice the red onions into thin wedges. Cut the garlic cloves in half. Mix all the ingredients for the marinade. Place a large freezer bag inside a larger freezer bag, and add half the onion mix to the bag.
2. Rinse the pork collar, dry it well, and rub it all over with salt. Place the collar in the freezer bag and pour the marinade over it. Press out all air from the bag, seal the bag shut, and place it in a bowl. Leave the bowl in the refrigerator for at least 12 hours, preferably longer.
3. Preheat the oven to 125°C.
4. Place the meat, the rest of the onion mix and the marinade in an oven-safe casserole dish. Close it with a tight-fitting lid, and place the dish in the lower part of the oven for about 5 to 6 hours. In the picture, the meat was cooked in an electric slow-cooker; it turned out extremely juicy and delicious. If using a slow-cooker, the meat will be ready in about 8 to 12 hours if set on low, but it also depends on the brand of the slow-cooker you're using.
5. To serve, pull the meat apart with two forks and mix it thoroughly with the gravy. Taste and adjust for salt.

Nutritional Information:

Net carbs: 4 % (7 g)

Fiber: 2 g

Fat: 74 % (59 g)

Protein: 22 % (40 g)

Calories: 758

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