

September 2020

Pork Keto

Slow-Cooked Pork Roast with Creamy Gravy

Ingredients:

- 900g pork shoulder or pork roast
- ½ tbsp salt
- 1 bay leaf
- 5 black peppercorns
- 2½ cups water
- 2 tsp dried thyme or dried rosemary
- 2 garlic cloves
- 45 fresh ginger
- 1 tbsp olive oil or coconut oil
- 1 tbsp paprika powder
- ½ tsp ground black pepper

Creamy gravy:

- 1½ cups heavy whipping cream
- juices from the roast

Instructions:

1. Preheat the oven to a low heat: 100°C.
2. Place the meat in a deep baking dish and season with salt. Add water to cover 1/3 of the meat. Add bay leaf, peppercorns, and thyme. Place the baking dish in the oven for 7–8 hours, covered with aluminum foil.
3. If you're using a slow cooker, do the same thing in step 2 but only add 1 cup of water. Cook for 8 hours on low or 4 hours on high.
4. Remove the meat from the baking dish, and reserve the pan juices in a separate pan.
5. Turn the oven up to 450°F (220°C).
6. Grate or finely chop garlic and ginger in a small bowl. Add oil, herbs and pepper and stir well to combine.
7. Rub the meat with the garlic/herb mixture.
8. Return the meat to the baking dish, and roast for about 10–15 minutes, or until golden brown.
9. Cut the meat into thin slices and serve with the creamy gravy and side dishes of your choice.

Nutritional Information:

Net carbs: 2 % (3 g)

Fiber: 1 g

Fat: 78 % (51 g)

Protein: 19 % (28 g)

Calories: 589

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