

Slow Cooker Sweet and Spicy Asian Pork Shoulder



Jonny Valiant

Serves 4

Hands-on Time: 15m

Total Time: 8hr 00m

Ingredients

1/2 cup low-sodium soy sauce

1/2 cup brown sugar

1 to 2 tablespoons chili-garlic sauce (found in the Asian aisle of the supermarket)

1 tablespoon grated fresh ginger

1 teaspoon Chinese five-spice powder (optional)

kosher salt and black pepper

2 1/2 pounds pork shoulder, trimmed of excess fat and cut into 2-inch pieces

1 cup long-grain white rice

1 medium head bok choy, thinly sliced (about 8 cups)

2 scallions, sliced

Directions

1. In a 4- to 6-quart slow cooker, combine the soy sauce, sugar, chili-garlic sauce, ginger, five-spice powder (if using), 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the pork and toss to coat. Cook, covered, until the pork is tender, on high for 4 to 5 hours or on low for 7 to 8 hours.

2. Twenty-five minutes before serving, cook the rice according to the package directions.

3. Meanwhile, skim off and discard any fat from the pork. Gently fold the bok choy into the pork and cook, covered, until heated through, 2 to 4 minutes. Serve with the rice and sprinkle with the scallions.

Tip

Sold in the spice aisle of many supermarkets, Chinese five-spice powder is typically made from a combination of cinnamon, cloves, fennel seed, star anise, and Szechuan peppercorns. Delicious in braised dishes, it also wakes up stir-fries and grilled meats.

Nutritional Information

Calories 780; Calories From

Fat 212; Protein 64g; Carbohydrate 74g; Sugar 29g; Fiber 3g; Fat 24g; Sat

Fat 8g; Calcium 332mg; Iron 8mg; Sodium 1498mg; Cholesterol 193mg

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