



Pork shank with pineapple



Categoria
Receitas de Natal



Tempo de preparação
Demorado



Dificuldade
Fácil



Custo
Intermediate



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



To taste: Gallo Extra Virgin
Olive Oil Reserve

- 1,5kg deboned pork shank
- Salt, to taste
- Pepper, to taste
- Paprika, to taste
- Crushed garlic, to taste
- 1 glass of white wine
- 1lt pineapple juice
- 1 ripe pineapple
- 50g brown sugar
- Thyme, to taste

Method of preparation

1

Season the pork shank with salt, pepper, paprika and the crushed garlic. Rub the meat with this mixture.

2

Drizzle with the pineapple juice, olive oil and white wine. Let marinate, preferably during the night.

3

Pre-heat the oven at 180°C.

4

Line a baking tray with sufficiently long aluminium foil so that you can wrap the pork shank.

5

Put the pork shank on top of the foil.

6

Then cover the meat with thin slices of peeled pineapple.

7

Wrap the meat with the aluminium foil and cook in the oven for approximately 2 hours.

8

After two hours, unwrap the meat and let it cook, uncovered, until golden.

9

Occasionally brush or drizzle with the meat juices. Meanwhile, cut the remaining pineapple into small cubes.

10

Heat Gallo Extra Virgin Olive Oil Reserve in a pan, add the pineapple, sauté for a few minutes and add the sugar.

11

Let the sugar melt and slightly caramelize the pineapple. Sprinkle with thyme.

12

Serve the pork shank cut into slices with the pineapple cubes and a salad.

Produtos utilizados



Reserve

Extra Virgin Olive Oil



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