

# ❖ Thai Spiced Slow-Cooked Pork ❖

**Servings:** 8

**Prep time:** 20 minutes

**Cook time:**

Pressure cooker: 45 minutes

Stovetop in a saucepan: 2 hours

Slow cooker: 3 hours

**Total time:**

Pressure cooker: 65 minutes

Stovetop in a saucepan: 2 hours and 20 minutes

Slow cooker: 3 hours and 20 minutes



## Instructions

1. In an 8-10 qt saucepan, pressure cooker, or slow cooker, combine pork, ginger, cilantro stems, oyster sauce, soy sauce, fish sauce, sugar, cinnamon, and pepper. Add just enough water to cover most of the pork. (Tip: more is not better; you can add more water later, if needed)

**Saucepan on stovetop:** Bring the mixture to a boil, then reduce the heat to a low simmer, skimming off any scum that rises. Cover and cook on very low heat for 2-3 hours, until the pork is very tender and cooked to an internal temperature of 145°F.

**Pressure cooker:** Bring up to medium pressure, cook for 15 minutes, to an internal temperature of 145°F, depressurize, and carefully open. Let rest for 5 minutes, then skim scum on top of broth.

**Slow cooker:** Cook on the highest setting until pork is tender, about 3-4 hours to an internal temperature of 145°F. Let rest for 3 minutes. Skim scum on top of broth.

2. Add carrots and jicama (or daikon), bring back up to boil, and simmer for 10 minutes until tender. If using a slow cooker, keep on high for another 10 minutes, or until vegetables are tender.
3. Stir in the pepper and cabbage.
4. Enjoy as a soup or serve with steamed rice. Garnish with cilantro or cilantro leaves.

## ❖ Optional toppings:

Chili sauce

Pickled veggies such as carrots, mustard greens, or chilies

Chopped green onions/scallions

## Ingredients

- 3 lb pork leg or trimmed shoulder, cut 2" pieces
- 3" piece ginger, lightly smashed
- 8 cloves garlic, smashed
- ¼ cup cilantro stems, chopped
- ¼ cup oyster sauce
- 2 tbsp low-sodium soy sauce
- 1 tbsp fish sauce
- 1 tbsp sugar, agave syrup, honey, date syrup
- ½ tsp ground cinnamon (or 1 tsp five-spice powder)
- ¼ tsp ground black (or white) pepper
- 2 to 3 cups water
- 1 cup carrots, diced
- 1 cup jicama (or daikon), chopped
- 1 cup red bell pepper, diced
- 2 cups green cabbage, shredded
- ½ cup cilantro leaves or chopped cilantro

