

Five Spice Pork Roast

Evelyn Day

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 8

1 four pound pork shoulder roast.

1 1/2 teaspoons Five-Spice powder

2 tablespoons oil

1/4 cup chopped onion

1 to 2 tablespoons sesame seed

1 clove garlic, minced

1 cup apple juice or cider

1/2 cup dry white wine

3 tablespoons soy sauce

2 tablespoons water

4 teaspoons cornstarch

Rub a four pound pork shoulder roast with 1-1/2 teaspoons of Five-Spice powder.

In a four quart pot, brown the meat in two tablespoons of oil. Add 1/4 cup of chopped onion, sesame seed and garlic. Cook for 2 to 3 minutes, stirring constantly. Add the apple juice, wine and soy sauce. Cover.

Bake in the oven at 325 degrees for 2-1/2 to 3 hours. Remove the meat to a platter. Keep warm. Skim the fat from the pan juices. Measure 1-1/2 cups of pan juice and return to the pan.

In a bowl, combine two tablespoons of water and four teaspoons of cornstarch. Stir into the reserved juices in the pan. Cook and stir until bubbly. Cook and stir two minutes more. Spoon over the meat.

Serve with fried rice.

Use commercial Five-Spice powder or make your own by combining 3/4 teaspoon of ground cinnamon, 3/4 teaspoon of crushed anise seed, a dash of freshly ground pepper and a dash of ground cloves.

Per Serving (excluding unknown items): 51 Calories; 3g Fat (72.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 387mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.