MEDITERRANEAN · DINNER

Carne de Vinha d'Alhos (Madeiran Pork in Wine and Garlic)

95 min · plus 2–3 days marinating | Serves 4 | 645 kcal a serve | Video 3:53 · W2 KITCHEN

Gluten-free ingredients | Dairy-free | Nut-free

Pork shoulder marinated for days in wine, vinegar and garlic, then braised in the same liquid: high in protein, selenium and zinc, with no sugar or flour and only a few grams of carbohydrate.

Diet notes: Keto (4.5 g net carbs a serve).

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Ingredients 9 · SERVES 4

- [ ] 1 kg **pork shoulder**, cut into 4–5 cm chunks
- [ ] 1 head **garlic** (10–12 cloves), crushed
- [ ] 2 **dried bay leaves**
- [ ] ½ tsp whole **black peppercorns**
- [ ] ½ tsp **crushed dried piri-piri chilli** (optional)
- [ ] 1½ tsp **coarse salt**
- [ ] 250 ml **dry white wine**
- [ ] 50 ml **white wine vinegar**
- [ ] 1 tbsp **lard or neutral oil**, for browning

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the pork with the garlic, bay leaves, peppercorns, chilli, salt, wine and vinegar in a non-reactive container. Cover and refrigerate for at least 48 hours, ideally 72, turning the pork once or twice a day. 0:37
2. Lift the pork out of the marinade (keep the liquid) and pat it dry. Heat the lard in a large sauté pan over medium heat and lightly brown the pork in batches. 2:10
3. Return all the pork to the pan, pour in the marinade and boil uncovered for 5–10 minutes to cook off the alcohol and mellow the vinegar. 3:12
4. Lower the heat, cover and stew gently for 45–60 minutes until fork-tender, then uncover and reduce the sauce a little; it should stay thin and punchy. 3:33

> **Tip** The cook says it serves 4–6 with boiled potatoes, bread or rice; we count 4 serves for keto, with greens or cauliflower mash. It tastes even better the next day, reheated or fried crisp in its own fat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
645 kcal	44 g	4.8 g	0.3 g	43 g	710 mg
2,700 kJ	89% of a day	4.5 g net · 0.5 g sugars	1% of a day	16 g saturated	31% of a day
		2% of a day		56% of a day	

Energy from net carbs 3% · protein 30% · fat 67% — fits keto: 4.5 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 116% · Zinc 65% · Vitamin B12 62% · Vitamin B6 41%

Source of (10–19%) Iron 17% · Potassium 16% · Vitamin D 14% · Magnesium 11% · Omega-3 11%

Recipe and video: W2 KITCHEN (@w2kitchen) on YouTube — youtube.com/watch?v=qEt1mpgVIe8, published 25 June 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carne-de-vinha-dalhos-madeira-pork