GREEK · DINNER

Hirino Riganato (Greek Pork Braised with Onions and Oregano)

Χοιρινό Ριγανάτο

90 min | Serves 4 | 725 kcal a serve | Video 4:00 in Greek · Yiannis Lucacos

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

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45 g protein and under 10 g net carbs a serve: pork neck slow-braised with a mound of onions, white wine and oregano, with no flour or potatoes in the pot, and more than a day's selenium.

Diet notes: Keto (9.9 g net carbs a serve).

Ingredients 9 · SERVES 4

- [ ] 1 kg **pork neck** (collar), cut into large pieces
- [ ] 80 g **olive oil** (half is poured off with the fat after searing)
- [ ] 400 g **brown onions**, sliced
- [ ] 200 g **dry white wine**
- [ ] 250 g **chicken stock**
- [ ] 5 g **dried Greek oregano**
- [ ] **salt**, to taste
- [ ] **freshly ground black pepper**, to serve
- [ ] 10 g **spring onion**, finely chopped, to serve (optional)

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. Season the pork pieces generously with salt on all sides. 0:46
2. Heat half the olive oil in a heavy pot over high heat and sear the pork in batches, without crowding, until well browned all over. 0:56
3. Meanwhile slice the onions into thin half-moons. Lift the browned pork onto a plate. 1:12
4. Pour off the rendered fat, add the rest of the oil and the onions with a pinch of salt and cook over medium-high heat until deeply coloured. Pour in the wine and let it reduce by half. 1:32
5. Return the pork and its juices to the pot, add the chicken stock, a little salt and the dried oregano and bring to the boil. 2:08
6. Cover and cook on very low heat (or in the oven at 140°C) for about an hour, until the pork is tender. Uncover at the end if you want a thicker, oilier sauce. 2:36
7. Check the salt and serve with a grind of black pepper (the chef's written recipe also adds a little chopped spring onion). 3:16

> **Tip** Serves 4 as on the chef's written recipe. Pork neck stays juicy in a long braise; shoulder works too. A green salad or boiled greens (horta) keep the meal low in carbs.

The method is a summary in our words, in English — the video (in Greek) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
725 kcal	45 g	12 g	2.4 g	50 g	680 mg
3,030 kJ	91% of a day	9.9 g net · 4.9 g sugars	8% of a day	16 g saturated	29% of a day
		4% of a day		65% of a day	

Energy from net carbs 6% · protein 27% · fat 67% — fits keto: 9.9 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 115% · Zinc 66% · Vitamin B12 62% · Vitamin B6 42% · Iron 20%

Source of (10–19%) Potassium 19% · Vitamin K 16% · Omega-3 16% · Vitamin D 14% · Vitamin E 14% · Magnesium 13% · Vitamin C 10%

Recipe and video: Yiannis Lucacos (@Yiannis_Lucacos) on YouTube — youtube.com/watch?v=DW7zjcLileo, published 6 March 2024. 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/hirino-riganato-pork-onions-oregano