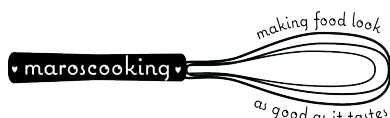


# Crockpot Caramelized Pork Noodle Bowl

with Curried Acorn Squash, Brussel Sprouts and Shiitake Mushrooms

## Ingredients for pork:

- 3 pound bone-in pork shoulder roast
- 1 cup chicken broth
- ¼ cup soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons fish sauce (optional)
- 2 tablespoons Thai red curry paste
- 1 inch ginger root roughly chopped
- 6 cloves peeled garlic
- 1 onion cut in about 8 pieces
- 1 tablespoon chili garlic paste
- Juice of 1 lime, squeezed
- 1-2 tablespoons Chinese five spice powder
- freshly cracked pepper
- ¼-½ cup brown sugar
  
- 1 package (10.5 oz.) Asian noodles



## Ingredients for mushrooms and carrots:

- 2 tablespoons sesame oil
- ½ cup julienned carrots
- 4 cups shiitake mushrooms sliced
- 2 tablespoons minced ginger
- 4 cloves minced garlic

## Ingredients for squash and brussel sprouts:

- 1 medium acorn squash, seeded + diced
- 3 cups brussel sprouts halved
- 3 tablespoons coconut oil, melted
- 2 tablespoon sweet curry powder (I love Penzey's)
- 1½ tablespoon white miso paste
- 2 tablespoons brown sugar
- ½ squeezed lime

## Ingredients for garnishes:

- 4 soft boiled eggs, halved
- ½ cup chopped cilantro
- Julienned carrots
- thinly sliced jalapeño, thinly sliced fresno chiles
- 1 bunch thinly sliced scallions

## For pork:

Season pork shoulder with salt and pepper. If your crockpot can go on the stovetop (the All Clad slow cooker is great for this), add a tablespoon of sesame oil and sear the pork for about 4 min on each side and add the onion, ginger and garlic. Let the flavors begin to release and set the insert in the crockpot, then add soy, rice vinegar, fish sauce, red curry paste, chili paste and lime juice. Bypass the searing if your crockpot does not have this feature and turn crockpot on low and place everything in together. Turn pork so that you season all sides with the Chinese five spice powder, garlic powder and 2 tablespoons of brown sugar. Add the chicken broth and cracked pepper. Put the setting on low and cook for 8 hours covered until meat is falling off the bone, turning meat occasionally. When pork is ready, remove from crockpot, discarding bone, and shredding meat then set aside. Strain the sauce through a sieve and reserve strained juices to season mushrooms and noodles.

## For acorn squash and brussel sprouts:

Preheat oven to 375°. In a small bowl, combine the melted coconut oil, curry powder, miso, brown sugar and lime. Toss the squash and brussel sprouts until coated and spread on a baking sheet. On a parchment-lined sheet, bake for about 30 minutes, turning at about 15 minutes so they roast evenly.

## For mushrooms and carrots:

In a medium skillet, heat sesame oil, add mushrooms and sauté for a couple of minutes until tender. Add about ¼ cup of the reserved liquid to deglaze the pan and then add ginger and garlic. Add carrots and stir.

## Caramelize pork:

Heat the sesame oil on medium-high in a large skillet, add shredded pork being careful not to overcrowd the meat. Sprinkle some brown sugar over the pork and 2 tablespoons of rice vinegar and stir allowing the pork to caramelize for 2 -3 minutes. Continue cooking in batches removing caramelized pork and repeating with remaining pork.

## Assemble bowls:

Boil noodles according to package directions and drain (it is usually about 3 min). Add some of reserved sauce to the noodles to season. Stir in half the pork, half of the mushroom mixture and half cilantro. Divide noodles in bowls, add remaining pork, mushrooms on top and soft boiled eggs. Garnish with scallions, peppers, remaining cilantro and arrange the curry roasted vegetables to your liking.