



Pressure-cooker pork shank

25'
Hands on

60'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

For the pork shank

- Place the pressure cooker over high heat and add 2 tablespoons olive oil.
- Add salt and pepper to the pork shank, and spread 2 tablespoons olive oil over its whole surface.
- Transfer to the pressure cooker and brown on all sides.
- Deglaze with the wine and add the water, the chicken bouillon cube, and stir.
- Close the lid, turn the safety valve to the proper pressure indicator, and cook over low heat for 1 hour. Depressurize the pressure cooker and open the lid.
- Remove the shank, strain the sauce from the pressure cooker to get rid of any bones, and put the juices back into the pressure cooker.
- Mix the corn starch with a little cold water, the mustard, and transfer to the pressure cooker.
- Let it come to a boil until the sauce thickens, add the parsley, and remove from the heat.

For the garnish

- Place a [frying pan](#) over high heat and add the olive oil.
- Finely chop the onion, the garlic, and add them to the pan.
- Add the rosemary and sauté.
- Add the chickpeas, the cumin, and sauté for 5-6 minutes. Deglaze the pan with the lemon juice and remove from the heat.
- Serve the pork shank with the chickpeas and parsley.

Ingredients

For the pork shank

- 4 tablespoon(s) olive oil
- 3 kilos shank
- salt
- pepper
- 100 g white wine
- 500 g water
- 1 chicken bouillon cube
- 25 g corn starch
- 2 tablespoon(s) mustard

For the garnish

- 1 onion
- 3-4 tablespoon(s) olive oil
- 2 clove(s) of garlic
- 2 sprig(s) rosemary
- 1 kilo chickpeas, boiled
- 1 teaspoon(s) cumin
- lemon juice, of 1 lemon
- parsley

Διατροφικός πίνακας

Nutrition information per portion

777 Calories (kcal)	44.0 Total Fat (g)	10.0 Saturated Fat (g)	26.0 Total Carbs (g)
39%	63%	50%	10%
2.8 Sugars (g)	66.0 Protein (g)	5.9 Fibre (g)	9.7 Sodium (g)
3%	132%	24%	162%