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## Kalua pork and cabbage oven recipe

10/10/2012

07/16/2012 After being at a pair of luaus now this effectively recreates the taste, and you can without burying a pig in the backyard. I used a low sodium soy sauce, which was fine because there is more than enough salt in the recipe. I cooked a 4 lb bottom in the slow cooker for about 8 hours steaming with cabbage for the last 30 minutes. The result was great. I served it with guam style fried rice, so it was a real gut buster celebration. While buns or rolls are somewhat traditional as a low gluten household we do not feel that they are necessary. In fact, the first time I served this with hot dog bread buns the bread was ignored entirely as everyone was perfectly filled with pork sprout rice and vegetables. while not someone's idea of a nut health dinner this is certainly a good option if you want a meal without bread. 06/02/2012 This was pretty good. I followed the recipe exactly, except I used low-sodium soy sauce and a bag of shredded red cabbage. I also added ~1/2 cup of water to the crock pot. It was a little salty, so next time I'll cut back on the salt, and increase the pepper, ginger and liquid smoke. 06/03/2012 I followed the recipe, but added 1/2-1 cup of chicken soup and discovered that it was totally useless because it was a little soupy. It was still delicious, but I also would cut the salt down a bit next time (I also used low sodium soy sauce). The next night I reheated some (it makes a lot!) of meat in a pan, so it took a little crunchy and made burritos. Super delicious! 03/09/2014 Excellent Kalua pork. Thanks for my recipe. I chose this recipe over others because it asked for worcestershire ginger and some soy sauce vs just salt and liquid smoke that I feel flavored steak much better. I also used medium Hawaiian seafood Alaea Sea Salt. If you use a grain salt as I did if it is the clove or Hawaiian ensure that the first crush with a mortar and pestlet and cut the salt back if you do not like the meat very salty. We also served pork over a bed of steamed cabbage leaves just as it was served to us at the Feast of The Luau Lee in Maui last month. I would recommend this for two reasons. First of all this is a lot of pork and since there were a lot left over s I wanted my fresh steamed cabbage when eating again, not wet, so would it be when you reheat it with cabbage mixed in. Second I also added Mexican spices (Chili cumin powder garlic powder onion powder cayenne pepper, etc.) and made some delicious chopped pork tacos for lunch one day. I'll be making this recipe again by May times in the future. 30/07/2013 Omit salt!! Double the rest of the ingredients (except pepper) and it is smokey and savory. A nice alternative to BBQ! 07/21/2013 When we got back from Maui we wanted to make some authentic Hawaiian food and found this recipe. All I can say is Yummy! It was like bringing you a little paradise home. Home. Us! My son's wedding is Hawaiian-themed, and he and his fiancé asked me to cook a bunch of Kalua pork for the reception. I've made two crappy pots worth so far and I have to make one more. this is great served on rollers. 06/13/2014 \*\*EDIT\*\* I have to take back everything I said about this dish!! I had this as scrap a day later and it was completely different after 24 hours. You could taste ginger (although I still think it needs a touch more than what it's called for,) and 1-1/2 tablespoons of salt was perfect after I chopped the meat. I served it as mini-sliding on Hawaiian rolls with a touch of hickory BBQ smoke sauce, cabbage, and a slice of Swiss cheese... Delicious Hawaiian goodness! Amazing after cooling down and sitting in the fridge for a few hours. Can you tell me I liked that??-) \*\* EDIT\*\* Who have lived in Memphis, Tn for the past 30 years and eat pig shoulder at apparently every gathering, working lunch, etc.. I was delighted to do so and was hoping for more than one Hawaiian flare, but that wasn't the case. You can't really taste ginger at all, but you can definitely taste the salt that I cut down to 1 and 1/2 tablespoons. Salt should probably be cut up to 1 tablespoon and the amount of ginger should be increased. The steak cooked nicely in the crock pot (and once I chopped it the salty taste diminished quite a bit.) The best part of the dish for me was the cabbage that I chopped and just threw on top of the steak for the last hour of cooking. Cabbage soaked up the flavor of the steak quite well. I spoon it before shredding the steak and saved it in a separate container to stay clear. Thanks for the post. 31/01/2013 Loved this! My friend who grew up on Oahu couldn't stop the delirium about how amazing this was! 26/02/2013 Tried this exactly as mentioned in the recipe. It was wonderful. It reminded us so much of what we used to eat when we lived in Hawaii. It was a little salty, but that's how I remember it. I served it with sticky white rice. The family wants her again.:) 06/15/2016 Sensitivity was high and the flavor profile was good but severely devoid of volume. I would at least double all the ingredients. I'd also leave it from a cabbage. 1 of 14 Homestyle Kalua Pork with Cabbage in a Slow Cooker Mccarter619 2 of 14 Homestyle Kalua Pork with Cabbage in a Slow Cooker Asia Henninger 3 of 14 Homestyle Kalua Pork with Cabbage in a Cooking Slow Steve Young 4 of 14 Homestyle Kalua Pork with Cabbage in a slow stove Rlucas 5 of 14 Homestyle Kalua Pork with Cabbage in a slow lisa 6 of 14 Homestyle Kalua Pork with Cabbage in a slow Scott M stove. 7 of 14 Kalua Homestyle pork with cabbage in a slow stove thunderthighcook 8 of 14 Homestyle Kalua pork with cabbage in a slow stove Michelle Sad 9 of 14 Homestyle Kalua pork with cabbage in a slow stove Kraig 10 of 14 Homestyle Kalua pork Cabbage in a slow stove Julie Krawczyk 11 of 14 Homestyle Kalua pork with cabbage in a slow stove AJaye2010 12 of 14 Homestyle Kalua pork with cabbage in a slow stove ab 14 of 14 Homemade Kalua pork with cabbage in a slow barbecue stove 02/25/2007 DELICIOUS!!!! I never make pork chops, but my husband loves them, and I did these and they were awesome, and so much healthier than pan-fried! The only changes I made were using Italian spiced breadcrumbs and I soaked the pork chops in flour before soaking them in the egg mixture. Also, when I flipped the chops, I sprayed the pan again with some nonstick spray and sprayed the tops of pork chops. They were cute and crunchy! 09/10/2007 This recipe is simple and tastes great. I've made some changes. I didn't use milk, just egg for immersion and used seasoned Italian bread crumbs instead of stuffing the mix. I also browned them on each side in a little olive oil in a pan before baking them. They came out great. My agitated children even ate them! Occasionally, I also replace pork chops for strips of chicken. Great recipe. 08/05/2006 Big tastes! You just have to be careful not to cook pork chops too long or I can get chewy. I've learned that when they start to brown a little, they're ready. Don't wait until the outside is well crispy. 01/13/2005 This is an EXCELENTA recipe. Although I had to go to the grocery store to get eggs, milk and butter recipe was very simple. I mean, that has eggs, milk and butter laying around the kitchen (not a single, hard-working 24-ear old). ; ) I couldn't decide what recipe to make last night, Oven-Fried Pork Chops, Moms-Best Pork Chops or World's Greatest Pork Chops. I settled for Oven-Fried Pork Chops, although the name wasn't as bombastic and I'm glad I did. I added a little garlic and parmesan to the mixture and it turned out delightful mouth-watering. Wolfgang who loves pork chops as much as Homer Simpson said they are the best chops he's ever had, but that they still don't rank there with my tuna caseroll. For what it's worth, I think he needs a mental hospital... so take his opinion with a grain of salt. 01/10/2004 I thought this was the easiest and juiciest pork chops I've ever met. We used the pepperid farms herb filling and used 2 egg yolks with milk to make it stay better. I also stroked pork chops with paper towels before I soaked them in yolks. With the stuffing, I crushed them a little more, so it would stick better. This is a wonderful pork chop. 29/08/2002 and easy. I used Italian-style breadcrumbs instead of stuffing mix and it worked great. 08/11/2011 This was good, but not great. I did as another reviewer did and used Italian spiced breadcrumbs because I didn't have dry bread stuffing mix - I thought it's pretty much Work. I didn't use the milk and the coating stuck to the chops very well. I used very thin pork chops and baked them as directed. They tasted good and we'll probably do them again. Hubby liked it, too. I don't usually give a star of 5 unless we're blown away by a recipe and we find a star of 4 is something we like and a star 3 is acceptable. I don't understand people who rate everything a star of 5 - if you do that, then there's no way to define awesome from simple pretty good old! 04/14/2006 This was very good. I used Pam instead of butter. They tasted really good and were more tender than most pork chops I had. However, the bakery started to get a little wet towards the end. I'll definitely do it again, but I'll place them on a shelf next time, so they get crispy. 10/20/2010 Forgetting the butter, put a shelf on a baking sheet, gently spray the chops with butter or margarine flavoured cooking spray and place on the shelf. No need to turn around and they get crispy on both sides. 1 of 89 Oven-Fried Pork chops Steve G 2 of 89 Oven-Fried Pork chops Joshua Wines 3 of 89 Oven-Fried Pork chops Carin Poreda 4 of 89 Oven-Fried Pork chops Amie Yeager 5 of 89 Oven-Fried Pork chops Moneskii Nolove Hodge 6 of 89 Oven-Fried Pork chops Anonymous 7 of 89 Oven-Fried Pork chops Jamaica-Me-Crazy 8 of 89 Oven-Fried Pork chops Rebekah Rose Hills 9 of 89 Oven-Fried Pork chops Pearl7 10 of 89 Oven-Fried Pork chops Eric B. 11 of 89 Oven-Fried Pork chops Roy Hanson 12 of 89 Oven-Fried Pork chops Eric B. 13 of 89 Oven-Fried Pork chops MaJo Colarusso 14 of 89 Oven-Fried Pork chops pray4ncmountains 15 of 89 Oven-Fried Pork chops Justora 16 of 89 Oven-Fried Pork chops Felicia917 1 7 of 89 Baked pork chops Felicia917 18 of 89 Baked pork chops 19 of 89 roasted pork chops Gourmand 20 of 89 roasted pork chops baked by chehury whyhury

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