

CARNIVORE-STYLE JAPANESE PORK TONKOTSU

Ingredients: For Broth

- 2 lbs pork bones (preferably from the neck, knuckles, or trotters for maximum collagen)
- 1 lb pork fatback or pork belly (for rendering)
- 8 cups water
- 2-3 garlic cloves, smashed
- 1 small piece of ginger, sliced
- salt to taste

Ingredients: For Toppings

- 4 thick pork cutlets (boneless)
 - 6 soft-boiled eggs (optional)
 - 1 cup shiitake mushrooms, stems removed (optional for those who include mushrooms in their diet)
 - Optional (for non-carnivores): bok choy, a small portion of ramen noodles
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Directions:

1. Prepare the Broth:
 - Begin by blanching the pork bones. Place the bones in a large pot, cover with water, and bring to a boil. Once boiling, let them cook for 5 minutes to release impurities. Drain and rinse the bones under cold water.
 - In a large stockpot, combine the cleaned bones, pork fatback or belly, garlic, and ginger. Add 8 cups of water.
 - Bring to a boil, then reduce to a simmer. Allow the broth to simmer for 12-18 hours. This long cooking time will break down the collagen in the bones, giving the broth its signature creamy texture. Skim off any foam or impurities that rise to the surface.
 - After simmering, remove the bones, garlic, ginger, and fatback from the broth. If using fatback, you can blend it into the broth for an even creamier texture, or simply discard it.
 - Season the broth with salt to taste.
2. Prepare the Pork Cutlets:
 - While the broth is simmering, prepare the pork cutlets. Season them with salt and sear them in a hot pan until they are browned on both sides. Set aside.
3. Soft-Boiled Eggs (Optional):
 - Bring a pot of water to a gentle boil. Carefully lower in the eggs and cook for 6 minutes. Immediately transfer the eggs to an ice bath to stop the cooking process. Peel the eggs once cooled.
4. Shiitake Mushrooms (Optional):
 - If using, sauté the mushrooms in a small amount of rendered pork fat or butter until they are tender.
5. Assemble the Dish:
 - Ladle the creamy pork broth into bowls.
 - Add a pork cutlet to each bowl, along with a soft-boiled egg if desired.
 - For a little extra texture and flavor, add the sautéed shiitake mushrooms.
 - For those not following a strict carnivore diet, you can add bok choy or a small portion of cooked ramen noodles at this stage.
6. Serve:
 - Serve your carnivore-style Japanese Pork Tonkotsu hot. The creamy, rich broth, tender pork cutlets, and optional toppings make for a satisfying meal, perfect for those cold winter days.

Tips:

- *This broth reheats beautifully, so feel free to make a large batch and enjoy it throughout the week.*
- *If you're stricter on your carnivore diet, you can skip the mushrooms and eggs, focusing solely on the broth and meat.*