



Dutch Oven Pork with Root Vegetables

A well-prepared braise warms the heart, belly, and soul and makes even better leftovers the next day. My favorite part of this dish is the carrots; they take on the flavor of the braising sauce, become velvety tender, while keeping the natural sweetness of the carrot.

Serves 4

INGREDIENTS

Kosher Salt
Black Pepper, freshly ground
1 lb. Pork Shoulder, roughly cut into 1-inch cubes
3 tbsp Canola Oil
2 Onions, medium diced
3 Carrots, sliced into ½ inch rounds
2 Celery Ribs, sliced in to ½ inch pieces
2 Yukon Gold Potatoes, medium diced
4 Garlic Cloves, smashed with the side of a chef's knife
8 oz. Dry Red Wine
1 cup canned Whole Tomatoes, crushed by hand
16 oz. Low Sodium Chicken Stock or Broth
1 tbsp Dijon Mustard
1 tbsp Unsalted Butter, room temperature
¼ cup flat-leaf Parsley, rough chopped

- Preheat the oven to 375°F. Pat the pork shoulder cubes dry with paper towels and then season with salt and pepper.
- In a Dutch oven, heat the canola oil over medium-high heat until fragrant.
- Sear the pork on all sides, about 2 minutes per side, or until a deep golden-brown color. If necessary, sear the pork in batches to avoid overcrowding the pan. Remove the pork from the pan and place on a plate lined with paper towels to help absorb excess oil.
- In the Dutch oven, sweat the onion, carrots, celery, potatoes, and garlic until fragrant and the onions become translucent and carrots begin to brown, about 5-6 minutes.

- Stir in the wine, scraping the bottom of the pan with a wooden spoon to dislodge any caramelized brown bits. Bring to a boil and cook for approximately 3 minutes or until the liquid is reduced by half. Add the tomatoes, broth, and mustard.
- Stir the mixture and bring to a simmer. Return the pork to the dutch oven and bring back to a simmer. Cover and cook in the oven for 1 hour, or until the meat pulls apart with a fork or tongs.
- Remove from the oven and stir in the butter and parsley. Taste the broth, season with salt and pepper, and taste again. Allow the braise to rest for 30 minutes before serving.