



Braised Pork

Inspired by Melissa d'Arabian

BAH Note: For a more robust flavor, use red wine and beef broth instead of white wine and chicken broth. Take it from me, you really can't break this recipe.

- 2 pounds pork shoulder (butt), cut into 4 to 6 pieces
- 2 tablespoons olive oil
- 1 onion, diced
- 3 carrots, diced
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 1 cup white wine
- 1 can chicken broth
- 2 bay leaves
- 1 cup water

Heat the oven to 325 degrees. Trim any large pieces of fat off the pork and season with salt and pepper. Heat the olive oil in a dutch oven over medium high heat. Divide the pork into two batches and brown the pork until nicely browned on all sides. Remove the pork to a plate.

Add the onion and carrot to the pan and cook until soft, approximately 5 to 7 minutes. Add the tomato paste and cook for approximately 2 minutes or until nicely browned. Sprinkle mixture with the flour and cook for a minute or two. Whisk in the wine and let it cook down by half.

Place the pork slices back in the dutch oven, add in the broth and bay leaves. The liquid should come just to the top of the pork. If it doesn't, add water but do not completely cover the pork with liquid.

Cover the dutch oven and cook in the oven for 2 1/2 to 3 hours or until the meat is fork tender. Carefully remove the meat to a large cutting board and shred with two forks (removing any additional fat). Before returning the meat to the liquid, skim as much of the fat off the top of the liquid as you like or ladle it into a fat separator. Return the pork to the liquid and enjoy.

melissa's braised pork was posted by wendi on 8 june 2010 at bonappetithon.com