

Recipe posted on gingerfriesen.com, December 2018

Pork Shoulder Ragu

Adapted from Jenny Rosenstrach's Dinner: A Love Story

Ingredients:

- 2 to 3 pound boneless pork shoulder roast, twine removed
- 1 small onion, chopped
- 1 garlic clove, minced
- Salt and pepper
- 2 Tablespoons olive oil
- 1 Tablespoon butter
- 1 large can whole tomatoes, with juice
- 1 cup red wine
- 3/4 teaspoon dried thyme
- 3/4 teaspoon dried oregano
- Small handful of fennel seeds - DO NOT LEAVE THESE OUT!
- 2 teaspoons Tabasco brand "Chipotle" pepper sauce, or other hot sauce
- Egg noodles, rice, or cauliflower rice
- Freshly shaved or grated parmesan

Instructions:

1. Preheat oven to 325 degrees.
2. Remove roast from packaging and liberally salt and pepper the meat on all sides.
3. Add olive oil and butter to large Dutch oven and heat over medium-high until butter melts but does not burn. Add pork roast to pan and brown on all four sides, 2-3 minutes per side.
4. Add the onion and garlic to the pan with the roast and saute for 1 minute.
5. Add tomatoes with their juice, wine, thyme, oregano, fennel, and hot sauce and bring to a boil. Cover, and put in preheated oven.
6. Braise roast for 3-4 hours, turning every hour or so. Keep covered while cooking.
7. Add more water or wine if needed, to keep the liquid about 1/3 of the way up the pork. (I have never needed to add more liquid.)
8. Meat is done when it's practically falling apart. Use a large fork and knife to shred the meat in the pot and stir together with the juice.
9. Serve over cooked egg noodles, rice, or cauliflower rice, topping with Parmesan if desired.

Notes:

- Using a 3 pound roast, this meal serves our family of six with leftovers for two of us the second day.
- I have only purchased the pork shoulder roast at Publix, but I know Costco sells a package with two large roasts, enough to double the recipe twice.