
Braised Pork Roast with Savory Apple & Onion Relish

Description

Sometimes it's nice to cook something long and slow, with delicious smells wafting through the house.

Total time: 5 hrs Yield: 6 Servings

Ingredients

- 1 5 - 7 pound pork shoulder roast (trimmed of excess fat but not all)
- 1 cup plain apple sauce
- 1 medium white onion
- 3 Tbsp fresh oregano leaves (can substitute with 1 rounded tablespoon of dried oregano)
- 1 tsp salt
- 2 tsp fresh ground black pepper
- 2 Tbsp apple cider vinegar
- 2 Tbsp extra virgin olive oil
- 1 - 2 cups chicken broth
- 1 large white onion (halved and cut into ½" slices)
- 2 apples (cored and sliced into 1" wedges)

Prep Time: 5 hrs Total Time: 5 hrs

Instructions

In a food processor or blender, combine the apple sauce, quartered white onion, oregano, salt, black pepper, and cider vinegar and pulse until the mixture is a thick gruel. Stir in olive oil. Rub the mixture into the pork roast. Place in a sealable plastic bag with all the marinade or in a covered dish and refrigerate for a minimum of 1 hour, it can also be left overnight. Turn the bag or the roast over several times to distribute the marinade.

Pre-heat the oven to 350° F. Put the pork roast with marinade in a large, heavy roasting dish and pour 1 cup of chicken broth onto the bottom of the pan, being careful not to pour over the roast. Cook for about two hours, turning the roast every half hour. Add the sliced apple and onion, spreading them around the roast and tossing with the pan juices (add more broth if the pan is dry), cook for approximately one more hour (using an instant read thermometer, the internal temperature should be 150° F, but should not exceed 160° F). Remove from the oven and let stand, loosely tented with foil, for 10 to 15 minutes. Slice off chunks of roast and spoon the apple & onion relish over – heaven on Earth!

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai