
Braised Pork with Caramelized Onion and Pear

Total time: 3 hrs Yield: 8 Servings

Ingredients

5 lb boneless pork shoulder or butt
2 onions (medium, large diced)
1 tsp ground cinnamon
2 tsp garlic salt
black pepper
12 cup chicken, pork or vegetable broth
30 oz sliced pears (in light syrup)
1/3 cup corn starch
1/4 cup water

Prep Time: 30 min Cooking Time: 2 hrs 30 min Total Time: 3 hrs

Instructions

Trim the pork of most, but not all of the fat — focus on the outer fat and some of the major inner fat veins, leaving some, as the fat will contribute to the rich, stew-like sauce that develops after long simmering.

Cut the pork into medium chunks, about the size of a golf ball. Combine the pork, onions, cinnamon, garlic salt, black pepper, stock and pears in a large Dutch oven or crock pot. On the stove top, simmer gently for 2. hours or until the pork is very tender. In a crock pot, cook for 7 to 8 hours on low.

Combine the corn starch and water and stir until smooth, then add it to the cooked pork. Stir to thicken the sauce and serve.

Serve this with instant mashed potatoes or couscous and a tossed salad for an easy family meal.

Recipe brought to you by:

Chef Michi Holland