



SLOW-ROASTED PORK SHOULDER  
WITH CARROTS, ONIONS, AND GARLIC

# Roast Pork Replay



PULLED-PORK  
SANDWICHES



PORK RAGOUT  
WITH SOFT POLENTA



PORK AND POTATO HASH  
WITH POACHED EGGS

Eat delicious slow-roasted pork on Sunday and then turn it into inspired dinners during the week.

BY TASHA DESERIO

A SUCCULENT ROAST WITH meltingly tender vegetables, slow-cooked for hours in the oven—it's a dish I affectionately call "housewife pork." That's because it reminds me of the roasts my mother used to make when I was young. She would season the roast the night before, pop it in the oven in the morning, and let it cook slowly all day long. In the afternoon, she'd add some vegetables and continue to cook the roast until dinnertime. The result: meat with an amazing fall-off-the-bone texture.

Now that I'm a mom, I've learned to appreciate this simple slow-cooking technique, and I still love the delicious results. Occasionally, I tinker with the basic recipe—adding crushed fennel seed and hot pepper flakes to the seasoning, or a few dried chipotles to the vegetables—but the premise remains the same. I also appreciate this recipe for its promise of leftovers. The shredded pork easily becomes another delicious meal or two later in the week—a kind of dinner "insurance" for the modern mom.

MASTER RECIPE



## slow-roasted pork shoulder with carrots, onions, and garlic

Start this recipe at least a day ahead. Serve the pork and vegetables with mashed potatoes or with beans (like cranberry or cannellini) seasoned with pounded garlic, extra-virgin olive oil, and sage.

**Serves 4 with leftovers (or 8 without)**

**Kosher salt and freshly ground black pepper**

- 1 6¼- to 7-lb. boneless pork shoulder roast**
- 1 large yellow onion, cut into ½-inch-thick rings**
- 3 medium carrots, cut into sticks ½ inch wide and 2 to 2½ inches long**
- 10 cloves garlic, peeled**
- 1 cup dry white wine**

**Combine 2 Tbs. salt** and 2 tsp. pepper in a small bowl and rub the mixture all over the pork. Put the pork, fat side up, in a large roasting pan (about 12x16x3 inches). Cover and refrigerate overnight or for up to 3 days.

**Remove the pork** from the refrigerator and let sit at room temperature for 1 to 1½ hours before cooking.

**Position a rack** in the center of the oven and heat the oven to 300°F. Uncover the pork and roast until tender everywhere but the very center when pierced with a fork, 4 to 4½ hours. Add the onion, carrots,

garlic, wine, and 1 cup water to the roasting pan and continue to roast, stirring the vegetables occasionally, until the pork is completely tender, about 1 hour more.

**Remove the roast** from the oven and raise the oven temperature to 375°F. Using tongs, separate the pork into 8 to 10 large, rustic chunks and spread out on the pan. If most of the liquid has evaporated, add a splash more water to the pan to create a little more juice. (It shouldn't be soupy.) Return the pork to the oven and continue to roast until nicely browned on the newly exposed surfaces, about 15 minutes. Remove the pan from the oven, transfer the meat and vegetables to a serving platter, and tent loosely with foil. Let rest for 20 minutes. Skim the excess fat from the juices and serve the juices with the vegetables and meat.

### Shredding the evidence

After dinner, pull (or hand-shred) the leftover pork. To do this, cut the chunks of pork across the grain into about 1-inch widths and pull the pork apart into pieces. Save any leftover juices separately. Well-wrapped leftovers will keep in the refrigerator for 3 to 4 days, or in the freezer for up to 2 months.

## pulled-pork sandwiches with cabbage, caper, and herb slaw

For these sandwiches, the bread should be very lightly toasted so that it's soft and warm but not dry. Be sure to use every last bit of the juices and drizzle every last drop of vinegar onto the sandwich. Both steps improve the flavor and moisten the bread, which is key.

### Serves 4

- 1½ Tbs. capers, preferably salt-packed
- 2 cups very thinly sliced green cabbage
- ¼ small red onion, very thinly sliced
- ¼ cup chopped fresh flat-leaf parsley
- 3 Tbs. thinly sliced fresh chives
- 1½ tsp. finely chopped fresh oregano
- 1–2 tsp. finely chopped preserved red chiles, such as cherry peppers or Calabrian peppers, or substitute Asian chile sauce (optional)
- 2 Tbs. red wine vinegar
- Kosher salt
- 3½ cups leftover shredded Slow-Roasted Pork Shoulder (recipe opposite)
- 1 baguette
- 3 Tbs. extra-virgin olive oil; more to taste

**Position a rack** in the center of the oven and heat the oven to 350°F.

**Rinse the capers** well. If using salt-packed capers, soak them in warm water for at least 5 minutes. (They should taste capery rather than salty; if not, continue soaking for a little longer.) Drain the capers and, unless they're very small, coarsely chop them.

**Combine the capers**, cabbage, red onion, parsley, chives, oregano, and chiles (if using). Add the vinegar and ¼ tsp. salt, toss well, and let sit at room temperature for at least 30 minutes. Toss again and season to taste with more salt or chile.

**Meanwhile, put the pork** in a small baking dish. (If you have any juices left, scrape them

into the dish, skimming and discarding as much of the congealed fat as possible.) Cover with foil and bake the pork until warmed through, 10 to 15 minutes. Remove the pork from the oven, position a rack 6 inches from the broiler, and heat the broiler to high.

**Cut the baguette** crosswise into 4 equal portions (each 5 to 6 inches long) and then slice each piece horizontally so that it opens like a book. Just before serving, put the baguette pieces on a baking sheet, opening each as much as possible, and toast very lightly under the broiler, 2 to 3 minutes. Divide the pork into 4 equal portions and mound on the bottom half of each piece of baguette. Drizzle any pan juices over the pork and then pile on the cabbage slaw. Drizzle the olive oil over the slaw. If any vinegar has collected on the bottom of the slaw bowl, distribute it among the sandwiches, and serve.





## pork ragout with soft polenta

This recipe is comfort on a plate; it's reason enough to make the slow-roasted pork in the first place.

**Serves 4**

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| <b>2 cups whole milk; more as needed</b>                             | <b>1 medium yellow onion, cut into small dice</b>                          |
| <b>Kosher salt</b>   | <b>Pinch of crushed red pepper flakes</b>                                  |
| <b>1 cup yellow stone-ground cornmeal</b>                            | <b>3 canned tomatoes, drained and cut into medium dice</b>                 |
| <b>¼ cup freshly grated Parmigiano-Reggiano; more for sprinkling</b> | <b>3 cloves garlic, finely chopped</b>                                     |
| <b>1½ Tbs. unsalted butter</b>                                       | <b>3 cups leftover shredded Slow-Roasted Pork Shoulder (recipe, p. 50)</b> |
| <b>2 Tbs. extra-virgin olive oil</b>                                 | <b>3 cups lower-salt chicken broth</b>                                     |
| <b>2 medium carrots, cut into small dice</b>                         | <b>Freshly ground black pepper</b>   |
| <b>2 medium ribs celery, cut into small dice</b>                     | <b>2 Tbs. chopped fresh flat-leaf parsley</b>                              |

**Combine the milk** with 2 cups water in a medium heavy-duty saucepan and bring to a boil over medium-high heat (watch carefully to prevent a boilover). Add 1½ tsp. salt and whisk in the cornmeal in a fine stream. Continue to whisk until the polenta begins to thicken, 1 to 3 minutes. Reduce the heat so that the polenta slowly bubbles and cook, uncovered, stirring frequently, until tender and no longer gritty, 20 to 40 minutes, depending on the cornmeal. If the polenta becomes too thick in the process, add milk, a little at a time, to maintain a soft consistency. When the polenta is done, stir in the Parmigiano and ½ Tbs. of the butter and season to taste with salt. Keep warm until serving. (The polenta will thicken as it sits. If necessary, add a splash of milk to thin it just before serving.)

**Heat the oil** in a 10-inch straight-sided sauté pan over medium heat. Add the carrots, celery, onion, pepper flakes, and a generous pinch of salt and cook, stirring often, until tender and starting to brown, 8 to 10 minutes. Add the tomatoes and garlic and cook, stirring, for another minute. Add the pork and chicken broth. Bring to a boil and then lower the heat to maintain a simmer. Cook until the broth has reduced by half, about 10 minutes. Stir in the remaining 1 Tbs. butter. Season to taste with salt and pepper.

**Spoon the polenta** into shallow bowls and then spoon the ragout on the top and to one side, with the broth pooling around the polenta. (Make sure each portion gets a fair share of broth.) Sprinkle each portion with parsley and Parmigiano and serve immediately.

## pork and potato hash with poached eggs and avocado

For a finishing touch, sprinkle this hash with cilantro and piment d'Espelette (see Test Kitchen, page 83, for more about this ingredient).

**Serves 4**

- 1½ lb. russet potatoes, peeled and cut into small dice (about 3¾ cups)**
- Kosher salt**
- 2 Tbs. extra-virgin olive oil; more as needed**
- 1 medium yellow onion, cut into small dice (about 1¼ cups)**
- 2¼ cups leftover finely shredded Slow-Roasted Pork Shoulder (recipe, p. 50)**
- 2 medium cloves garlic, finely chopped**
- ½ tsp. white wine vinegar or lemon juice**
- 4 large eggs**
- 1 large ripe avocado, sliced**
- ¼ cup coarsely chopped fresh cilantro**
- Piment d'Espelette or other medium-hot red chile flakes, to taste (optional)**

**Put the potatoes** in a medium saucepan, add water to cover by about ¾ inch, and add 1 Tbs. salt. Bring to a boil over high heat, reduce the heat to maintain a simmer, and cook until the potatoes are tender but not falling apart, about 5 minutes. Drain the potatoes, transfer to a plate, and set aside.

**Heat the oil** in a 10-inch straight-sided sauté pan over medium-high heat. Add the onion and ½ tsp. salt and cook, stirring occasionally until soft, 5 to 7 minutes. Add the pork and continue to cook until the pork is warm, about 3 minutes. Add the garlic and cook, stirring, until the raw garlic aroma subsides, about 1 minute. Add the potatoes, toss gently to combine, and continue to cook, stirring, until heated through, 1 to 3 minutes more. Season to taste with salt. If the hash is a little dry, add a drizzle of olive oil. Keep warm.

**Fill a medium saucepan** with 3 inches of water. Add the vinegar and a pinch of salt, and bring the water to a simmer. Crack the eggs one at a time into a small bowl or teacup and then gently slide each egg into the water. Poach the eggs, gently turning once or twice until the whites are completely opaque but the yolks are still soft, 3 to 4 minutes. Using a slotted spoon, remove the eggs from the water and gently blot dry with a towel.

**Evenly distribute** the hash among 4 plates. Prop a poached egg and a few slices of avocado next to each portion. Sprinkle the egg and avocado with salt. Sprinkle the cilantro and piment d'Espelette (if using) over the hash, and serve immediately.

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COOK ONCE, EAT TWICE

