

BRAISED PORK SHOULDER

5-6 LBS OF BONELESS PORK SHOULDER
2 MEDIUM FENNEL BULBS
3 MEDIUM BROWN ONIONS
4 CLOVES OF GARLIC
BOUQUET GARNIE
(10 PARSLEY STEMS, 1 BAY LEAF, 4 SPRIGS OF THYME TIED
TOGETHER WITH KITCHEN TWINE)
GROUND CUMIN

PRE-HEAT OVEN TO 300°

DRY PORK SHOULDER. SEASON WITH SALT, PEPPER AND CUMIN.

HEAT 4 TBSPS OF VEGETABLE OIL (PREFERABLY GRAPESEED) IN A LARGE DUTCH OVEN. BROWN PORK SHOULDER ON ALL SIDES.

MEANWHILE, TRIM AND PEEL FENNEL BULBS AND CUT LENGTHWISE IN HALF. SLICE CROSSWISE INTO 1/4 INCH PIECES. PEEL AND TRIM ONIONS. CUT LENGTHWISE IN HALF AND CUT INTO 1/4 PIECES. PEEL AND CHOP GARLIC CLOVES.

WHEN THE PORK SHOULDER IS BROWNEED, REMOVE FROM THE CASSEROLE. POUR OFF MOST OF THE FAT. ADD 3 TBSPS OF BUTTER.

ADD ALL THE VEGETABLES. STIR, COVER AND SWEAT ON A LOW FLAME FOR ABOUT TEN MINUTES, UNTIL TRANSLUCENT BUT NOT BROWNEED.

NESTLE THE BOUQUET GARNIE IN WITH VEGETABLES AND LAY THE PORK ON TOP.

WRAP THE CASSEROLE LID IN A SHEET OF HEAVY-DUTY ALUMINUM FOIL TO SEAL THE CASSEROLE.

PLACE IN THE OVEN AND BRAISE FOR ABOUT 2 1/2 HOURS. TEST FOR TENDERNESS. IF NECESSARY, COOK ANOTHER 30 MINUTES.

SERVE WITH STEAMED WHITE RICE, BLACK BEANS AND MACERATED ONIONS.

MACERATED ONIONS

3 RED OR WHITE ONIONS, SLICED VERY THIN

1/2 CUP OF FRESH ORANGE JUICE

1/2 CUP OF FRESH LIME JUICE

4 CLOVES OF GARLIC FORCED THROUGH A GARLIC PRESS

COMBINE INGREDIENTS AND MACERATE FOR AT LEAST 30

MINUTES BEFORE SERVING

SERVES 8