

Cabernet Braised Pork

Ingredients:

2-3 pounds boneless pork shoulder
1 ½ cups chicken stock
1 cup Cabernet wine vinegar
2 tbsp olive oil
1 onion chopped
4 cloves of garlic
2 carrots, chopped
2 stalks of celery, chopped
1 bay leaf
Salt and pepper to taste

Directions:

Preheat oven to 325 degrees. Heat olive oil, season meat with salt and pepper. Brown the meat on all sides, 7-8 minutes. Remove and set aside. Pour off excess fat. Add vegetables and garlic to pan. Sauté for about 1 minute. Deglaze pan by adding vinegar and scrapping the bottom of the pan to remove excess brown bits. Place pork in a heavy bottom pan to roast. Add vinegar, vegetables, bay leaf and chicken stock. Cover with foil and place in the oven. Roast pork for about 2-3 hours or until meat is tender and falling apart. The foil can be removed during the last 10 minutes of cooking to crisp the pork.

Vinaigrette

Oil and vinegar to tap, taste and treasure

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