



Braised Pork

Chef Dennis Clay, Formerly of IC's Culinary Adventures

ingredients

2 pounds picnic shoulder roast	2 onions	2 bay leaves
salt and pepper	2 carrots	10 peppercorns
2 tablespoons olive oil	2 ribs celery	1 small can tomato paste
5 ounces dry red wine	8 cloves garlic	8 cups chicken stock
	2 sprigs thyme	

Directions

Season the roast with salt and pepper, and sear in a hot roasting pan with olive oil until it reaches a dark color around the contact surface of the meat. Set the meat aside and deglaze the pan with some of the red wine.

Put the roasting pan back on the burner and turn on the heat to medium. Add the vegetables and sauté, deglazing as you go with the red wine. When vegetables start to caramelize, add the tomato paste and allow it to caramelize as well.

Add the roast back to the vegetables and cover the chicken stock. Bring to a simmer and cook for 3 to 3 1/2 hours, until meat is tender. Allow the meat to rest in the pan with the liquid for one hour, then remove the meat and cool completely before portioning. Strain and reduce the liquid to a third of its original volume and reserve for a later use.

Serve roast and vegetables over noodles.