

Rosemary Braised Pork

With Spring Vegetables



4 pound Pork Shoulder
4 cloves of garlic
4 sprigs of rosemary
2 tablespoons of sea salt
olive oil
water*
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5 carrots
1/2 head of cabbage
8 green onions
1 cup of frozen peas

Begin by making a the rosemary garlic rub by mincing the leaves of 1 sprig of rosemary (1 tablespoon), and 4 cloves of garlic. Combine with sea salt. Rub on pork shoulder. In a dutch oven (or large pan with lid), heat a couple of tablespoons of olive oil. Sear the pork for 3-4 minutes on each side. Add 3 cups of water and 2 sprigs of rosemary. Cover the pot and put in a 300 degree oven for 6 hours.

Meanwhile, prep the vegetables that will cook in the broth at the end of the cooking time. I like to cut the cabbage into 2 inch pieces, and slice the carrots and green onions lengthwise. After 6 hours, the pork will be tender.

Remove the pork from the broth and let it cool on a plate. Add the cabbage, carrots and green onions to the rosemary pork liquid still in the pot. Simmer on the stove for 20 minutes until they are tender. Add the frozen peas at the end.

To serve, place pork in the center of a large platter, then spoon vegetables around. Spoon broth over the pork and vegetables. Serve remaining sauce on the side. I love this with mashed potatoes, crusty bread, noodles or soft rolls. Yum!