



JEAN CROSSING



TERRENCE'S FAVORITE

## Pork Ragu & Parmesan polenta

### INGREDIENTS

50ml	Olive oil	1 cup	Dry white wine
1.5kg	Boneless pork shoulder, trimmed of excess fat & cut into large chunks	2 springs	Fresh rosemary
3 large	Carrots, peeled & diced	4 springs	Fresh sage leaves
1 large	Onions, finely diced	12 springs	Fresh thyme
1 stalk	Celery, finely diced	2	Bay leaves
8 cloves	Garlic, finely chopped	1 can	Crushed tomatoes
2 Tbsp	Tomato paste	2 cups	Water or Chicken stock
			Salt & Ground black pepper

### METHOD

1. Add olive oil to a large, heavy-bottomed pot over medium-high heat. Use paper towel to pat the pork shoulder as dry as possible. Generously season the pork shoulder with salt & black pepper. Once the oil in the pot shimmers, carefully add in the pork shoulder. Cook for 4-5 minutes per side, until nicely browned. Transfer the browned pork to a plate & set aside.
2. If needed, add extra olive oil to the same pot used in Step 1 & reduce heat to medium. Once hot, add in the carrots, onion, & celery. Season generously with salt & pepper. Cook, stirring occasionally, until deeply browned, 15-20 minutes.



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3. Add aromatics. Add the garlic to the pot with the carrot mix. Stirring constantly, cook until fragrant, 1-2 minutes. Add the tomato paste to the pot. Cook 2-3 minutes, until browned.
4. Increasing the heat to medium-high, pour the white wine into the pot. Stir constantly, using a wooden spoon to scrape up any browned bits that may have formed at the bottom of the pot. Cook for 4-5 minutes, until the wine is almost completely absorbed. You've just deglazed the pot (you're basically a chef)
5. Tie the herbs together using kitchen twine (or finely chop if you do not have twine), then add to the pot with the bay leaves. Add the crushed tomatoes, stock & browned pork shoulder. Stir to combine. Bring the mixture to a boil. Reduce heat to a low. Cover & simmer, stirring occasionally, for 2 1/2 – 3 hours, or until the pork is fall-apart tender. If the ragu begins to lose too much of its liquid too quickly, add in a splash of water & reduce the heat further.
6. Serve on creamy polenta with generous amount of grated Parmesan.

Note: Pork ragu can be frozen for up to 3 months.  
Doubt that it will be needed, is so good!