



# Locals Choice Club

Recipes for pairing with Locals Choice  
Club June 2009 Selections

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## Pork Shoulder Slow-Roasted with Carrots, Onions, and Garlic

Start this recipe at least a day ahead. Serve the pork and vegetables with mash potatoes and Peterson's Zinfandel Bernier Zinyard.

*Serves four with leftover recipes on the right  
(or eight without).*

- 1 6-3/4- to 7-lb. boneless pork shoulder roast
- Kosher salt and freshly ground black pepper
- 1 large yellow onion, cut into 1/2-inch-thick rings
- 4 medium carrots, cut into sticks
- 10 cloves garlic, peeled
- 1 cup dry white wine

Combine 2 Tbs. salt and 2 tsp. pepper in a small bowl and rub the mixture all over the pork. Put the pork, fat side up, in a large roasting pan (about 12x16x3 inches). Cover and refrigerate overnight or for up to 3 days.

Remove the pork from the refrigerator and let sit at room temperature for 1 to 1-1/2 hours before cooking.

Position a rack in the center of the oven and heat the oven to 300°F. Uncover the pork and roast until tender everywhere but the very center when pierced with a fork, 4 to 4-1/2 hours. Add the onion, carrots, garlic, wine, and 1 cup water to the roasting pan and continue to roast, stirring the vegetables occasionally, until the pork is completely tender, about 1 hour more.

Remove the roast from the oven and raise the oven temperature to 375°F. Using tongs separate the pork into 8 to 10 large, rustic chunks and spread out on the pan. If most of the liquid has evaporated, add a splash more water to the pan to create a little more juice. (It shouldn't be soupy.) Return the pork to the oven and continue to roast until nicely browned on the newly exposed surfaces, about 15 minutes. Remove the pan from the oven, transfer the meat and vegetables to a serving platter, and tent loosely with foil. Let rest for 20 minutes. Skim the excess fat from the juices and serve the juices with the vegetables and meat

## Left over Roasted Pork Sandwiches with Cabbage and Capers Slaw

- 1 1/2 Tbs. capers
- 2 cups thinly sliced green cabbage
- 1/4 red onion, thinly sliced
- 1/4 c. chopped Italian parsley
- 3 Tbs. chives, finely chopped
- 1 1/2 tsp. finely chopped fresh oregano
- 1 Tbs. chili sauce
- 2 Tbs. red wine vinegar
- Kosher salt
- 3 1/2 c. left over roasted pork, shredded
- 1 baquette
- 3 Tbs. olive oil

Preheat oven to 350 degrees

Rinse the capers and combine with cabbage, red onion, parsley, chives, oregano and chili sauce. Add vinegar and 1/4 tsp. salt and toss together and let sit for 30 minutes or more. Toss again and re-season if needed.

Put left-over pork in baking dish, cover with foil and bake until warmed through, about 10-15 minutes. Toast cut baquette under broiler and place pork and juices and cabbage slaw. Drizzle olive oil any vinegar that has collected over the slaw



## Pork Ragout and Soft Polenta

Serves 4.

2 cups whole milk; more as needed  
Kosher salt  
1 cup yellow stone-ground cornmeal  
1/4 cup freshly grated Parmigiano-Reggiano; more for sprinkling  
1-1/2 Tbs. unsalted butter  
2 Tbs. extra-virgin olive oil  
2 medium carrots, cut into small dice  
2 medium ribs celery, cut into small dice  
1 medium yellow onion, cut into small dice  
Pinch of crushed red pepper flakes  
3 canned tomatoes, drained and cut into medium dice  
3 cloves garlic, finely chopped  
3 cups leftover shredded Pork  
3 cups lower-salt chicken broth  
Freshly ground black pepper  
2 Tbs. chopped fresh flat-leaf parsley



Combine the milk with 2 cups water in a medium heavy-duty saucepan and bring to a boil over medium-high heat careful not to boil over. Add 1-1/2 tsp. salt and whisk in the cornmeal in a fine stream. Continue to whisk until the polenta begins to thicken, 1 to 3 minutes. Reduce the heat so that the polenta slowly bubbles and cook, uncovered, stirring frequently, until tender and no longer gritty, 20 to 40 minutes. If the polenta becomes too thick, add milk, a little at a time. When the polenta is done, stir in the Parmigiano and 1/2 Tbs. of the butter and season to taste with salt. Keep warm until serving. (The polenta will thicken as it sits. If necessary, add a splash of milk to thin it just before serving.)

Heat the oil in a 10-inch straight-sided sauté pan over medium heat. Add the carrots, celery, onion, pepper flakes, and a generous pinch of salt and cook, stirring often, until tender and starting to brown, 8 to 10 minutes. Add the tomatoes and garlic and cook, stirring, for another minute. Add the pork and chicken broth. Bring to a boil and then lower the heat to maintain a simmer. Cook until the broth has reduced by half, about 10 minutes. Stir in the remaining 1 Tbs. butter. Season to taste with salt and pepper.

Spoon the polenta into shallow bowls and then spoon the ragout on the top and to one side, with the broth pooling around the polenta. Sprinkle each portion with parsley and Parmigiano and serve immediately along with **Atrea Old Soul Red Rhone Blend**



Photo: Left over Roasted Pork Sandwiches with Cabbage and Caper Slaw

