

HERBED PULLED PORK



Inspired by porchetta, this tender, herbed pork can be served roughly shredded with a red wine gravy or on buns like traditional pulled pork.

Yield: 8 to 12 servings

INGREDIENTS:

- 2 tbsp whole fennel seed
- ½ cup olive oil
- 4 cloves garlic, grated
- 2 tbsp chopped fresh rosemary
- 1 tbsp salt
- 2 tsp each dried thyme and oregano leaves
- 1 tsp ground black pepper and paprika
- 4 to 5 lb boneless pork shoulder
- 1 cup LE19 Cape Blend wine
- 1 large sweet onion, thinly sliced
- 1 cup chicken broth
- ¼ cup tomato paste

METHOD:

Use a spice grinder or mortar and pestle to coarsely grind fennel. Blend fennel with olive oil, garlic, rosemary, salt, thyme, oregano, pepper and paprika.

Cut pork into 6 to 8 large chunks. Coat in herb oil; marinate for at least 4 hours or overnight.

Brown pork, in batches, in a large, nonstick skillet set over medium-high heat. Transfer to slow cooker along with onion; stir wine with broth and tomato paste and pour over meat.

Cook on low for 8 to 10 hours (or on High for 4 to 5 hours) until meat is fork tender. Remove pork to a board and shred with two forks. Drizzle with a little cooking broth to moisten. Serve as desired.

TIPS: To prepare in an electric pressure cooker, use the 'Sauté' or 'Browning' function option to brown pork in batches. Set aside. Use wine to deglaze pan, scraping up any browned bits. Add onions, broth and tomato paste; stir to combine. Nestle pork into liquid. Cook on High pressure for 60 minutes or until fork tender.

FOR RED WINE GRAVY, strain cooking liquid and measure 2 cups into a small saucepan; blend 2 tbsp each cornstarch and water and stir into cooking liquid. Set over medium heat; simmer, stirring often until thickened.

PAIR WITH: LE19 CAPE BLEND

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