

MILK BRAISED PORK ROAST

F EASY

Last Modified: 11/20/2013

PREP: 4 Hrs
COOK: 2 Hrs 30 Min
OVEN: 325

PORK

MAKES 8 To 10 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|---------------------------|---------|--------------------------------|--------------|
| 4 ~ 5 | Pounds | Pork Loin Roast (Boneless) | Trimmed |
| OR | | | |
| 4 ~ 5 | Pounds | Pork Sirloin Tip Roast (Tied) | Trimmed |
| 8 ~ 10 | Cloves | Garlic | Thick Sliced |
| 4 | Tbsp | Unsalted Butter | |
| 2 | Tbsp | Olive Oil | |
| 1 | Large | Yellow Onion | Quartered |
| 2 | Whole | Carrots (Peeled) | Coarse Chop |
| 3 | Sprigs | Fresh Rosemary | |
| 2 | Sprigs | Fresh Thyme | |
| 4 | Whole | Dried Bay Leaves | |
| 1 | Quart | Whole Milk | |
| 1 +/- | Pinches | Kosher Salt | To Taste |
| 1 +/- | Pinches | Fresh Ground Black Pepper | To Taste |
| 2 | Tbsp | Fresh Italian Parsley Leaves | Fine Chop |
| SUBSTITUTE (IF NECESSARY) | | | |
| 2 | Tbsp | Chives | Fine Slice |
| SUBSTITUTE (IF NECESSARY) | | | |
| 3 | Stalks | Green Onions (Greens & Whites) | Fine Slice |

PREPARATION

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| FACTOID | I know, I know, this sounds a touch on the strange side; BUT, make it once and it will become a family favorite. I first enjoyed this dish at John Pierre's home in Marseilles. While J.P. himself does nothing but outdoor BBQ Grilling (it seems it is a world-wide man-thing), Monique, in her youth, was an instructor in her fathers French Cooking School in Lyon (Atelier de Cuisine Gastronomique Jean Marc Villard) - She is INDEED a woman to pay sharp attention to. THIS IS FANTASTIC! |
| HINTS | I have found that when I make this, the Milk Curdles and tends to clump on the Onions and Carrots (Monique's didn't). Picking them out removes a lot of that tasty Curdled Milk by default. I'm not certain why it happens or what the "fix" is. Anyway, my solution (since I DO LOVE Gravy) is to simply grind up EVERYTHING remaining in the pot with my stick blender (after removing the Bay Leaves, Rosemary & Thyme Sprigs, of course). TONS of great tasting Gravy by adding in a little Corn Starch & Water mix to make it nice and thick. |
| TOOLS | 1) Dutch Oven & Lid 2) Stick Blender |

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| PREP | <p>DISH</p> <p>1) Thickly slice the Garlic Cloves and set them aside. 2) Quarter the Onion and set it aside. 3) Coarsely chop the Carrots and add them on top of the Onions. 4) Finely chop the Parsley Leaves and set them aside. 5) Preheat the oven to 325 degrees with a rack near the bottom.</p> |
| 1 | Place the Meat on a cutting board with the fat side up. Make many deep stabs all over the fat cap with a sharply pointed paring knife, pressing a thick slice of Garlic down between the knife blade and the Meat as you go. (If you can do this several hours or the night before cooking, all the better). Rub the Meat all over with Salt and Pepper. |
| 2 | In a dutch Oven over medium high heat, melt the Butter until the bubbling stops, add in the Olive Oil and whisk to mix it together well (it will keep the Butter from burning). Brown the Meat VERY well on all sides. Add in the Onion Quarters, Carrot Halves, Rosemary Sprigs, Thyme Sprigs and Bay Leaves along side the Roast (fat side up). Pour over the Milk, and bring it to a simmer on the stovetop. Cover the dutch oven and transfer it into the oven and roast until tender, about 2 hours, turning the Meat over at least once. |
| NOTE | The final Milk Sauce color and flavor will be a direct result of the darkness that you brown the Pork Roast to in the above step. You want it to be DARK, DARK brown, but NOT burnt so watch closely. |
| 3 | Remove the Meat from the dutch oven and wrap it in aluminum foil to keep it warm. Using tongs, remove & discard the Rosemary, Thyme and Bay Leaves. At this point, the Milk Cooking Juices will be curdled, but this is how they're meant to be. |
| 4 | Place the dutch oven back on the stovetop over medium high heat and boil the juices down to about 2 to 4 Cups of liquid while occasionally stirring to keep it from burning. Puree until smooth with an immersion (stick) blender. Remove it from the heat and taste and adjust the seasonings. You can optionally remove it from the heat and place a thick pat of Butter on top of the sauce to give it a nice glossy sheen (don't stir). |
| 5 | Carefully slice the Meat into 3/4 inch thick slices (it WILL be extremely tender) and arrange them on a serving platter. Pour a little of the Milk Gravy over the top, sprinkle with the Chives, Parsley and Green Onions. |
| SERVE | Serve while hot. |
| NOTE | This Milk Gravy is EXCELLENT drizzled over a giant glop of Mashed Potatoes on the side. |