

Braised Boneless Pork Shoulder

2 Tbsp olive oil

½ tsp sea salt

½ tsp ground pepper

2½ lb Pork Shoulder

1 large onion chopped fine

2 clove garlic chopped fine

¾ cup chopped blend of herbs: rosemary, parsley, sage

Enough milk to cover the roast by ¾ inch (about 2 cups)

Remove the roast from the package and pat dry with paper towels. Salt and pepper the roast thoroughly. Heat the olive oil in a heavy cast iron pot with a tight fitting lid (a Dutch oven) that is no more than an inch or two larger in circumference than the roast). Brown it in oil on all sides. Remove roast and set aside on a warm plate near the stove. Add the onion and garlic to the oil. Cook on med/high heat until the onion is limp and the garlic is golden brown. Add the chopped herbs and stir. Add the roast and milk to cover the roast by about ¾ inch. Cover, bring to a boil and lower heat. Braise for 1 to 1 ½ hour until the roast is tender. Periodically check the roast to see that it remains covered through the cooking process. Add more milk if necessary.