

Pork Ragout - Andrew

Ingredients

- 2 kg (4 lbs) pork shoulder, trimmed and cut in large cubes (~ 40 mm)
- 3 medium leeks
- bundle of parsley
- 8 cloves garlic (4 if using left over white bean stock with garlic and bay leaves)
- 4 bay leaves (if not using left over white bean stock...)
- 10 cc (2 tsp) marjoram
- ½ l wine (2 cups)
- 1 l chicken stock (or reserved white bean stock)
- 400 cc crème fraîche
- 2 fennel bulbs, cubed

Method

1. Heat oven to 325°F (160°C)
2. Quarter leeks lengthwise, and slice into medium dice.
3. Chop parsley ends in small dice.
4. Salt meat and brown in hot pan (medium high) with olive oil, in batches. Put browned meat in a large casserole.
5. Reduce heat to medium low and add leeks, parsley, marjoram and a bit of salt. Cook until soft (5 to 10 min) stirring from time to time.
6. Rasp garlic into pan and stir.
7. Add wine and raise heat to medium. Bring to a light boil, scraping pan bottom.
8. After a couple of minutes, add reserved bean stock, or chicken stock and bay leaves.
9. Bring to a boil, add to casserole and stir well.
10. Cover casserole and place in hot oven for 1 to 2 hours.
11. When meat is cooked (particularly gristly bits), remove from oven and allow to cool.
12. Remove meat, skim fat and discard bay.
13. Add sauce to a pot, blend (with immersion blender) and reduce to ~750 cc (3 cups). Stir in crème fraîche and reheat.
14. Put meat and fennel in a large sauce pan (Dutch oven), add sauce and reheat to simmer.
15. Serve with chopped parsley or possibly fresh tarragon.

Notes

- Can make white beans and spinach as a side dish.
- Also would be good with pasta or rice to absorb some of the sauce.