

# Italian Pork Ragu

The Well Traveled Fork

## Servings: 10

*This lusty ragu is perfect for cold winter nights. It is best if made ahead to let the flavors combine. Many pigs are raised in Central Oregon and can be purchased directly from the farmers. Taste the difference that fresh, local products can make!*

**6 pounds pork shoulder**

**2 cups red wine**

**1 Tablespoon rosemary, chopped**

**1 Tablespoon sage, chopped**

**5 garlic cloves, chopped**

**Sauce**

**6 slices bacon or pancetta**

**3 celery ribs, chopped**

**3 carrots, chopped**

**1 onion, chopped**

**3 garlic cloves, chopped**

**1 pound assorted mushrooms, such as chanterelles, porcini and morels**

**3 14 1/2 oz. cans diced tomatoes**

**3 cups chicken stock**

**1 1/2 teaspoons kosher salt**

**1 teaspoon black pepper**

**3 Tablespoons assorted fresh herbs, such as rosemary, thyme and sage, chopped**

**4 Tablespoons tomato paste**

**1 cup milk**

**chopped parsley, for garnish**

Cut the pork should into pieces. You should have about 3 1/2 pounds of trimmed meat. Put the meat into a bowl and add the herbs, the garlic and the wine. Cover the bowl with plastic wrap and place in the refrigerator to marinate for at least 1 hour or up to 24 hours. Meanwhile, prep the vegetables.

Take the pork out of the marinade and reserve the marinade. Dry the pieces of meat with paper towels; this is critical to brown the meat.

To make the ragu: In a heavy dutch oven, brown the bacon or pancetta over medium heat. When the bacon is crispy, remove the bacon and drain on paper towels. Add the celery, carrot and onion to the bacon grease and saute the vegetables for about 10 minutes or until softened. Add the garlic and the mushrooms and continue to cook.

Meanwhile, in a heavy saute pan, brown the pieces of pork shoulder in a small amount of olive oil. When the pork is browned, add the meat to the vegetables. Deglaze the pan with a splash of wine; add this to the sauce.

Add the canned tomatoes, chicken stock, bacon, salt and pepper and fresh herbs to the ragu. Stir in the tomato paste and the marinade. Bring the ragu to a boil and then reduce the heat to a simmer. Cook the ragu for about 2 hours or until the pork is tender. If the ragu becomes too dry, add more chicken stock. Cool slightly and stir in the milk. Serve over polenta, pasta or gnocchi. Sprinkle with chopped parsley and serve.

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Per Serving (excluding unknown items): 590 Calories; 38g Fat (62.2% calories from fat); 38g Protein; 14g Carbohydrate; 3g Dietary Fiber; 148mg Cholesterol; 1183mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.