

Pork Ragu for a Crowd

Author: *Big Night In* by *Domenica Marchetti* (Chronicle Books, 2008)

Source: From 5 second rule blog



3 pounds Boston butt roast (pork shoulder, boneless) in one or two pieces
Kosher salt and freshly ground black pepper

1/4 cup extra virgin olive oil

3 large yellow onions, diced (5 cups)

4 cloves garlic, minced

1 cup dry red wine

7 cups canned tomatoes, chopped, with their juices

4 whole bay leaves

A sprig or two of rosemary, or not

1 pound Italian sausage, mild

Cooked short pasta, for serving, plus freshly grated Parmesan cheese

Italian parsley chopped, for garnish

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 400 Calories; 26g Fat (60.0% calories from fat); 29g Protein; 9g Carbohydrate; 2g Dietary Fiber; 106mg Cholesterol; 578mg Sodium. Exchanges: 4 Lean Meat; 1 1/2 Vegetable; 3 Fat.

***Carolyn T's
Main Cookbook***

Servings: 12

Notes: Domenica indicates that this recipe serves 12 -- or enough for 3 pounds of pasta. Cool any leftovers, and freeze, if desired, in quart-sized containers.

Description:

1. Season the pork shoulder well with salt and pepper. Heat the oil in a large, heavy-bottomed Dutch oven over medium-high heat. Brown the pork on all sides, 3 to 4 minutes per side, until it is evenly seared. This will take a good 15 minutes. Remove pork to a large bowl or plate.

2. Reduce heat to medium and add the onions and garlic, stirring well to coat with the oil. Saute until translucent, about 10 minutes. Add the pork back to the pot, raise the heat to medium-high, and pour in the wine. Let it boil for a minute before adding the tomatoes, bay leaves, and rosemary. Reduce the heat to medium-low.

3. If using bulk sausage, break it into little clumps and add it to the pot. If using sausage links, remove the casings and squeeze the meat into the pot, breaking it up well. Give a good stir, cover, and simmer very gently for 2-1/2 to 3 hours, or until the meat is fork tender. If using a slow cooker, set for 8 hours or so until it's fork tender. Remove the meat to a cutting board, allow it to cool for 20 minutes or so, then shred it. Discard any wayward globs of fat still attached to the meat. Return the meat to the pot and heat the ragu through. Adjust the salt if desired. Add pepper if you'd like.

4. Serve with cooked pasta and top with grated Parmesan cheese and some Italian parsley.