



# Carrboro

## FARMERS' MARKET

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**Recipe of the Week**

**October 14, 2006**

### **Tuscan Roast Pork** *from* **Sheila Neal, Market Staff**

I made this dish using Market pork for a friend's 50<sup>th</sup> birthday party. What a hit! It is a rustic dish that is voluptuous enough to be festive. Pastured-raised pork has great fat that keeps a slow-roasted pork butt succulent. This recipe is all about technique: making a rub, slow roasting, and enriching a stock that is then used to make a sauce. It's moderately easy. Make it once and the second, third, and twentieth time will be a cinch.

#### **Rub Ingredients**

5 - 6 pounds pork butt\*  
3 6-inch sprigs rosemary\*, needles removed  
3 cloves garlic\*, peeled  
1 bay leaf  
2 whole dried red chiles  
2 teaspoon fennel seeds  
2 tablespoons kosher salt  
Extra virgin olive oil

#### **Stock Ingredients**

8 cups chicken stock  
Roasted pork bone

#### **Sauce Ingredients**

Stock  
4 cloves garlic, sliced thin  
2, 4-inch rosemary stems  
1 bay leaf  
2 whole dried red chil

#### **Procedure**

Preheat oven to 250 degrees. Roughly chop the rosemary and garlic. Coarsely grind the bay leaf, fennel seed, and chiles in a spice grinder. Combine rosemary, garlic, all ground spices, and salt. Add enough olive oil to loosen the rub. Rub the pork butt all over with this mixture. Place pork on a rack in a roasting pan - don't line the pan. You are going to use the drippings and bits for the stock. Roast at 250 degrees for about 6 hours. For the last hour or so, baste the pork with the juices that have accumulated in the bottom of the pan. The pork is done when it is soft to the touch. If you want to take a temperature, the pork will register about 170 degrees.

When the pork is done set it aside. Pour off all the liquid in the roasting pan and separate the fat from the juice. Strain the juice. Place the roasting pan on a stove burner, turn the heat to high, and pour 1 cup of the chicken stock into the pan. Using a wooden spoon, scrape up the bits from the pan. Once the bits are loosened and about half of the stock has burned off, take the pan off the heat and pour the liquid into a stock pot. Add the remaining chicken stock, pork juices, and the bone from the pork butt. Bring to a boil and turn down to a simmer. After about 45 minutes, strain the stock into a sauce pan.

\*available at Market

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To the sauce pan add the sliced garlic, rosemary stems, bay leaf and whole chiles. Keep on low heat until ready to serve pork or reheat when ready to serve.

Take the pork butt and pull apart into big chunks, about 2-bite size. Reheat at 250 degrees with the pork moistened with a little bit of the sauce and covered with foil. Right before serving, turn up the oven to 450 degrees and remove foil. Do this for about 5 minutes. Pile pork on a platter with sauce on the side and feast.

**Last Wednesday Market of the 2006 season**  
**Wednesday October 18**  
**3:30 - 6:30 PM**

Come join us for apple cider served to appreciate our customers for their support this season. Fall produce now found at the Market includes apples, figs, snap beans, greens, winter squash, broccoli, and herbs. There is also a selection of cut-flowers, mums, pansies, cow's milk cheeses, pastured-raised meats, jams, pickles, baked goods, and crafts. The Wednesday Market re-opens April 2007.

**Annual Thanksgiving Market**  
**Tuesday, November 21, 2006**  
**3-6 PM at the Town Commons**

Here's a taste of what you can expect at this Market: arugula, beets, broccoli, Brussels sprouts, carrots, celery, collards, celeriac, eggs, fresh herbs, kale, leeks, mustard greens, salad greens, spinach, turnips and turnip greens, sweet potatoes, winter squashes, pecans, locally-raised meats, goat and cow's milk cheeses, breads, bread crumbs, pies, cakes, jams, fruit butters, and relishes.

Carrboro Farmers' Market · Saturdays, 7 – Noon thru Dec. 23  
Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM thru Oct. 18  
Southern Village Farmers' Market · Thursdays, re-opens May 2007

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)  
919.280.3326